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Presented by Dr. Allchin

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A D V I C E

WITH RESPECT TO

H E A L T H.

EXTRACTED FROM Dr. TISSOT.

THE FIFTH EDITION, Corrected.

L O N D O N:

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TO THE

READER.

1. DR. Tiſſot's Advice to people in general, publiſhed a few years ſince, is I am perſwaded one of the moſt uſeful books of the kind, which has appeared in the preſent century. It plainly ſpeaks a perſon of ſtrong underſtanding, extenſive knowledge, and deep experience. At the ſame time he ſhews great humanity, and a tender ſenſe of the ſufferings of his fellow creatures. And doubtleſs a deſire of preventing or leſſening theſe, was at leaſt one reaſon of this publication.

2. His deſcription of diſeaſes are truly admirable, almoſt every where drawn from the life; and ſo clear that even common people of tolerable ſenſe, will eaſily know any diſtemper thereby. His medicines are exceeding few: ſo few that at firſt ſight, one would ſcarce think it poſſible they ſhould ſuffice for ſo many diſorders as he has treated of. And moſt of thoſe few are, quite ſimple; as ſimple as can well be imagined. The reſt are ſeldom compounded of more than two or three ſimple and well-known ingredients.

A farther recommendation of them is, that the far greater part are of a moderate price. And as they are cheap, ſo moſt of them are ſafe; not likely to do hurt to any one.

3. It is another mark of his excellent judgment, that in all caſes he lays ſo much ſtreſs upon [illegible] men; and that on ſo many occaſions [illegible]

outward applications, a method conſtantly obſerved by the ancient phyſicians. Add to this, his earneſt and repeated cautions againſt all ſpirituous and heating medicines: againſt keeping the patient too hot, and above all, againſt keeping him in a cloſe or foul air, whereby ſo many diſeaſes are heightened or prolonged, and ſo many thouſand lives thrown away. Add his ſeaſonable detection of ſo many vulgar errors, ſome of which have almoſt univerſally obtained: and which nevertheleſs ſcarce any phyſician of note had before dared to expoſe.

4. Where there are ſo many excellent things, is there any defect? Poſſibly a few ſuch might be obſerved. Some would eſteem as ſuch, his violent fondneſs for bleeding; his recommending it on the moſt trifling occaſions; and preſcribing very frequent repetitions of it, as indiſpenſibly neceſſary, in ſeveral diſeaſes; which may be perfectly cured, without ever bleeding at all. I inſtance in a pleuriſy. Indeed thirty years ago, I was utterly aſtoniſhed, when I heard Dr. Cockburn (of St. James's) ſay, "Sir, I never bleed in a pleuriſy. I know no cauſe. I know no one intention it anſwers, which I cannot anſwer as well or better, without thus waſting the ſtrength of my patient." But I have now ſeen the proof of it over and over. Nay, I will ſay more. I have not ſeen a man in a pleuriſy theſe twenty years, (and I have ſeen not a few) whom I could not cure, not only without bleeding, but without any internal medicine whatever. Alas, alas! How few phyſicians love their neighbour as themſelves!

5. Might not one alſo rank among the leſs excellent things in this tract, the author's amazing love of clyſters? One remarked of Dr. Swift, "In all his writings he ſhewed an uncommon affection for the laſt concoction of the human nutriment."

May

May not the ſame remark (in a little different ſenſe) be made of Dr. Tiſſot? I wonder whether he ever himſelf ſubmitted to, or performed the operation? Undoubtedly in caſes of extreme neceſſity, both modeſty and cleanlineſs muſt give place: and either man or woman would ſin againſt God, in not permitting an injection of any kind. But what, I pray, beſide extreme neceſſity, would induce any but a beaſt of a man, either to preſcribe to another, or admit himſelf, ſuch a worſe than beaſtly remedy?

6 Is there not an objection of the ſame kind, to that uncleanly, ſtinking ointment, which he preſcribes for the cure of the itch? And what need of this, when it may be cured juſt as well, by medicines which have no ſmell at all? Suppoſe by hellebore and cream, or by juice of lemons mixed with oil of violets. But there is another objection to all that the doctor has wrote upon this diſorder. Can it be thought that ſo great a man as Dr. Tiſſot never ſaw the tranſactions of our Royal Society? But if he has ſeen them, how could he utterly forget the paper communicated by Dr. Mead, which puts it beyond all poſſible diſpute, being a matter of ocular demonſtration, that the itch is nothing but animal cules of a peculiar kind, burrowing under the ſcarf-ſkin? Yet if he had not utterly forgot this, how came he to preſcribe internal medicines for it? Does any man preſcribe vomits or purges, to kill fleas or lice?

7. May I be permitted to touch upon one point more, to which I cannot fully ſubſcribe? I am ſenſible it may be eſteemed huge want of ſenſe, if not of modeſty likewiſe, to contradict the ſkilful, in their own art; yea, ſome of the greateſt names in Europe. But I cannot help it: when either the ſouls or lives of men are at ſtake, I dare not accept any man's perſon. What I refer to, is his vehement

recommendation of the Peruvian bark, as, "the only infallible remedy either for mortifications or intermitting fevers." He really ſeems tranſported with the theme, as do many phyſicians beſide. I object to this, 1. It is not "an infallible remedy," either for one or the other: no, not even when adminiſter'd by a very ſkilful phyſician, after evacuations of every kind, I have known pounds of it given, to ſtop a mortification: yet the mortification ſpread, till it killed the patient. I myſelf took ſome pounds of it when I was young for a common tertian ague. And that after vomiting. Yet it did not, would not effect a cure. And I ſhould probably have died of it, had I not been cured unawares by drinking largely of lemonade. I will be bold to ſay, from my perſonal knowledge, there are other remedies, which more ſeldom fail. I believe, the bark has cured ſix agues in ten: I know, Cobweb pills have cured nine in ten. The bark has often ſtopped a mortification: and ſometimes it has failed. But I could never learn that Dr. Piper's method [of Eſſex] has failed in a ſingle inſtance: though one of his patients was of a groſs habit, and above ſixty years old, and another, above ninety. Let them philoſophize upon theſe things who pleaſe; I urge plain matter of fact. I object, ſecondly, that as it is far from being an infallible remedy, ſo it is from being a ſafe one. Not that I affirm, as Dr. Tiſſot ſuppoſes the objectors do, that it occaſions aſthmas or dropſies. I do not think this at all improbable: however I have not obſerved it. But this I affirm in the face of the ſun; it frequently turns an intermitting fever into a conſumption. By this means a few years ſince one of the moſt amiable young woman I have known loſt her life: and ſo did one of the healthieſt young men in Yorkſhire. I could multiply inſtances; but I need

need go no farther than my own caſe. In the laſt ague which I had, the firſt ounce of bark was, as I expected, thrown off by purging. The ſecond being mixed with ſalt of wormwood, ſtayed in my ſtomach. And juſt at the hour the ague ſhould have come, began a pain at my ſhoulder-blade. Quickly it ſhifted its place, began a little under my left breaſt and there fixt. In leſs than an hour I had a ſhort cough; ſoon after, a ſmall fever. From that time the cough, the pain and the fever continued without intermiſſion. And every night, very ſoon after I lay down, came firſt a dry cough for forty or fifty minutes: then an impetuous one, till ſomething ſeemed to burſt, and for half an hour more, I threw up thick fetid pus. Here was expedition! What but a ball could have made quicker diſpatch, than this infallible medicine? In leſs than ſix hours it obſtructed, inflamed, and ulcerated my lungs, and by this ſummary proceſs, brought me into the third ſtage of a true pulmonary conſumption. Excuſe me therefore, if having eſcaped with the ſkin of my teeth, I ſay to all I have any influence over, whenever you have an intermitting fever, look at me, and beware of the bark! I mean the bark in ſubſtance. If you love your lives, beware of ſwallowing ounce after ounce, if indigeſtible powder, though it were powder of poſt. To infuſions or decoctions I have no objection.

8. The following pages contain the moſt uſeful parts of Dr. Tiſſot's book: I believe the ſubſtance of all that will ſtand the teſt of ſound reaſon and experience. I have added little thereto, but have judged it would be of uſe to retrench a great deal; in particular, much bleeding, much Peruvian bark, and abundance of clyſters. It is my belief, that one might retrench, without any loſs, many more of the remedies he preſcribes: In

many cafes, half, in other, three quarters; in fome eight or nine parts in ten: fince a fingle (perhaps even outward) remedy, would effect a perfect cure.

9. I have only to add (what it would not be faſhionable for a phyſician to believe, much leſs to mention) that as God is the ſovereign diſpoſer of all things, and particularly of life and death, I earneſtly adviſe, every one, together with all his other medicines, to uſe that medicine of medicines, Prayer. Dr. Tiſſot himſelf will give us leave to think this, an univerſal medicine. At the ſame time then that we uſe all the means which reaſon and experience can dictate, let us ſeek a bleſſing from him who has all power in heaven and earth, who gives us life and breath and all things, and who cannot withhold from them that ſeek him, any manner of thing that is good.

ADVICE

ADVICE

WITH RESPECT TO

HEALTH.

CHAPTER I.

Of the usual Cause of popular Maladies.

Sect. I.

FATIGUING labour too long continued, is the first cause of those maladies, which so often attack the inhabitants of both city and country. Its effects in the first place, are for the most part inflammatory diseases, such as quinsies, plurisies, defluxions on the breast. In the second place, is that state of weakness into which they fall, and from which they with difficulty recover.

§ 2. There are two ways of preventing these maladies. The first is to avoid the cause that produces them. The second to diminish their effects, by drinking largely of cooling draughts, such as whey; butter-milk, or even water; to every pint of which a glass of vinegar may be added, or the juice of grapes or gooseberries not fully ripened. These form an agreeable draught, which strengthens and sustains the labourer.

§ 3. A second ordinary cause of disease is, when a person overheated by labour, repose in a cold place, or on the ground. This stops perspiration;

and occaſions quinſies, rheumatiſm, inflammations of the breaſt, pleuriſies and inflammatory colicks. As ſoon as the patient feels the firſt ſymptoms (which ſometimes does not happen till ſeveral days after,) he ſhould immediately bathe his legs in warm water, and after being well rubbed before the fire, he ſhould drink a good quantity of the warm infuſion, No. 1. Such remedies often prevent the diſeaſe. But, on the contrary, the evil becomes more dangerous, when people try to procure a ſweat by heating medicines.

§ 4. A third cauſe of diſeaſe, is drinking cold water, while one is much heated. This operates as the former, but the bad effects are generally more violent. I have ſeen ſome terrible examples of this. Violent quinſies, inflammations of the breaſt, colicks, inflammations in the liver, and in the belly, attended with ſwellings, vomitings, ſuppreſſion of urine, and terrible anguiſh. The beſt remedies are bleeding in the beginning, drinking warm water, to which a fifth part of milk has been added; and fomentations of warm water applied to the throat, breaſt, and belly,

§ 5. A fourth cauſe, is the inconſtancy of the climate. In one day we often feel it change from hot to cold, and from cold to hot. The beſt precaution is, to go better cloathed than the weather ſeems to call for: to put on our winter-dreſs early in autumn, and quite it late in ſpring. Labourers who throw off their clothes while at work, ſhould never ſtrip till an hour after ſun-riſe, and ſhould put on their cloathes immediately on ending their work, or rather an hour before ſun-ſet.

§ 6. It often happens, that the traveller gets wet. This may be attended with no bad conſequences, provided he ſhifts his cloaths immediately. But I have often ſeen deadly pleuriſies the conſequence of omitting this. When the body and legs have been wet, the beſt way is to bathe the legs in warm water. I have by this means, radically cured people ſubject to violent colicks,

from

from having their feet wetted. This bath becomes ſtill more efficacious, by diſſolving ſome ſoap in it.

§ 6. A fifth cauſe is the common cuſtom in villages, of having their ditches or dunghills directly under their windows. Corrupted vapours are continually exhaling from them, which in proceſs of time cannot fail of being prejudical. Thoſe who are accuſtomed to the ſmell, become inſenſible of it; but the cauſe, nevertheleſs, does not ceaſe to be unwholeſome; and ſuch as are unuſed to it, perceive the impreſſion in all its force.

§ 8. To this cauſe may be added the neglect of common people to air their lodgings. It is well known that too cloſe an air occaſions malignant fevers; and the poor country people reſpire no other in their own houſes. Their lodgings, which are very ſmall, and which notwithſtanding incloſe (both day and night) the father, mother, and ſeven or eight children, are never kept open during ſix months in the year, and very ſeldom during the other ſix. It is eaſy, to prevent all the evils ariſing from this ſource, by opening the windows daily.

§ 9. I conſider drunkenneſs as a ſixth cauſe of diſeaſes. The poor wretches, who abandon themſelves to it, are ſubject to frequent inflammations of the breaſt, and to pleuriſies, which often carry them off in the flower of their age. If they eſcape theſe violent maladies, they ſink, a long time before the ordinary approach of old age, into all its infirmities, and eſpecially into an aſthma, which terminates in a dropſy of the breaſt, that is incurable.

§ 10. The proviſions of the common people are alſo frequently one cauſe of maladies. This happens, 1ſt, whenever the corn was not well ripened, or not well got in, in bad harveſts. But this may be leſſened by waſhing and drying the grain completely; by allowing it a little more time to ſwell or riſe, and by baking it a little more

more. 2dly, The better ſaved part of the wheat is ſometimes damaged in the farmer's houſe; either becauſe he does not take the due care of it, or becauſe he has no convenient place to preſerve it. It has often happened to me, on entering one of theſe houſes, to be ſtruck with the ſmell of wheat that has been ſpoiled. Nevertheleſs, there are known and eaſy methods to provide againſt this. 3dly, That wheat which is good, is often made into bad bread, by not letting it riſe ſufficiently; by baking it too little, and by keeping it too long. All theſe errors have their troubleſome conſequences, eſpecially on children and weakly people.

Cakes may be conſidered as an abuſe of bread. The dough is almoſt conſtantly bad, and often unleavened, ill-baked, greaſy, and ſtuffed with either fat or ſour ingredients, which compound one of the moſt indigeſtible aliments imaginable. Women and children conſume the moſt of this food, and are the very ſubjects for whom it is the moſt improper: little children eſpecially, who are, for the greater part, unable to digeſt it perfectly. Hence ariſe obſtructions in the bowels, and a ſlimy viſcidity throughout the maſs of humours, which throws them into various diſeaſes, ſlow fevers, a hectic, the rickets, the King's evil, and feebleneſs, for the miſerable remainder of their days. Indeed there is nothing more unwholeſome than dough not ſufficiently leavened, ill-baked, greaſy, and ſoured by the addition of fruits.

§ 11. We ſhould not omit, in enumerating the cauſes of maladies among country people, the conſtructions of their houſes, a great many of which either are cloſe to a higher ground, or are ſunk a little in the earth. Each of theſe ſituations ſubjects them to conſiderable moiſtneſs; which is not the leaſt ſource of diſeaſes, eſpecially to women in childbed, to children and perſons recovering of ſome diſtemper. It would be eaſy to prevent this inconvenience, by raiſing the ground on which

which the houſe ſtood, ſome inches above the level, by a bed of gravel, of ſmall flints, pounded bricks, coals, or ſuch other materials; and by avoiding to build cloſe to, or, as it were under a much higher ſoil. It would ſtill coſt leſs trouble, to give the front of the houſes an expoſure to the South-Eaſt. This expoſure, ſuppoſing all other circumſtances to be alike, is both the moſt wholeſome and advantageous.

CHAP. II.

Of the Cauſes which aggravate Diſeaſes.

SECT. 12.

THE cauſes already enumerated occaſion diſeaſes; and the bad regimen, or conduct of the people render them more perplexing, and often mortal.

There is a prevailing prejudice, which is every year attended with the death of hundreds.—That all diſtempers are cured by ſweat; and that to procure ſweat, they muſt take abundance of hot and heating things, and keep themſelves very hot. This is a very fatal miſtake; and it cannot be too much inculcated; that by thus endeavouring to force ſweating, at the very beginning of a diſeaſe; they are taking pains to kill themſelves. I have ſeen caſes, in which the continual care to provoke ſweating, has as manifeſtly killed the patient, as if a ball had been ſhot through his brains; as ſuch an untimely diſcharge carries off the thinner part of the blood, leaving the maſs more dry, more viſcid and inflamed. Now as in all acute diſeaſes, except a very few, the blood is already too thick; ſuch a diſcharge muſt evidently increaſe the diſorder.

§ 13. But

§ 13. But ſuppoſe ſweating was beneficial at the beginning of diſeaſes, the means they uſe to excite it would prove fatal. The firſt is, to ſtifle the patient with a cloſe apartment, and a load of covering. Care is taken to prevent a breath of freſh air's ſqueezing into the room: from which circumſtance, the air already in it is ſpeedily and extremely corrupted: And ſuch a degree of heat is procured by the weight of the bed cloaths, that theſe two cauſes alone are ſufficient to excite a fever, even in a healthy man. More than once have I found myſelf ſeized with a difficulty of breathing, on entering ſuch chambers, from which I have been immediately relieved, on obliging them to open all the windows. Let in a little freſh air on theſe miſerable patients, and leſſen the burthen of their coverings and you generally ſee upon the ſpot, their fever and oppreſſion, their anguiſh and raving abate.

§ 14. The ſecond method taken to raiſe a ſweat in theſe patients is, to give them hot things, eſpecially Venice-treacle, or wine. In all feverish diſorders we ſhould gently cool, and keep the belly moderately open: while theſe things both heat and bind; and hence we may eaſily judge of their conſequences. A healthy perſon would certainly be ſeized with an inflammatory fever, on taking the ſame quantity of wine, or Venice-treacle, which the peaſant takes when he is attacked by one of theſe diſorders. How then ſhould a ſick perſon eſcape dying by them?

§ 15. But I ſhall be told, that diſeaſes are often carried off by ſweat. I anſwer, It is true. ſweating cures ſome diſorders, at their very onſet; for inſtance, thoſe ſtitches that are called falſe pleuriſies, ſome rheumatic pains, and ſome colds. But this only happens when the diſorders depend ſolely on abated perſpiration, to which ſuch pain inſtantly ſucceeds; and where immediately, before the fever has thickened the blood, and inflamed the humours; and before any internal load

load is formed, ſome warm drinks are given, which, by reſtoring tranſpiration, remove the cauſe of the diſorder. Nevertheleſs, even in ſuch a caſe, great care ſhould be had, not to raiſe too violent a commotion in the blood, which would rather reſtrain than promote ſweat. Sweating is alſo of ſervice in diſeaſes, when their cauſes are extinguiſhed, by plentiful dilution: Then it relieves by drawing off with itſelf ſome part of the diſtempered humours; after their groſſer parts have paſſed off by ſtool and by urine: beſides which the ſweat has alſo ſerved to carry off that extraordinary quantity of water, we were obliged to convey into the blood. Under ſuch circumſtances, it is of importance, not to check the ſweat. As much care ſhould be taken not to check evacuation which naturally occurs towards the concluſion of diſeaſes, as not to force it at their beginning; the former being almoſt conſtantly beneficial, the latter as conſtantly pernicious. Beſides, were it neceſſary, it might be dangerous to force it violently: ſince by heating the patients, a vehement fever is excited. Warm water, in ſhort, is the beſt of ſudorifics. An able phyſician long ſince aſſured his countrymen, that wine was fatal in fevers; I take leave to repeat it again and again, and wiſh it may not be with as little ſucceſs.

§ 16. Their diſeaſes are further aggravated by the food that is generally given them. They muſt be weak, in conſequence of their being ſick; and the ridiculous fear of the patients dying of weakneſs, diſpoſes their friends to force them to eat; which, increaſing their diſorder, renders the fever mortal. This fear is abſolutely chimerical; never yet did a patient in a fever die merely from weakneſs. They may be ſupported even for weeks, by water only; and are ſtronger at the end of that time, than if they had taken more ſolid nouriſhment; ſince, far from ſtrengthening them, their food increaſes their diſeaſe, and thence increaſes their weakneſs.

§ 17. From

§ 17. From the firſt invaſion of a fever, digeſtion ceaſes. Whatever ſolid food is taken, corrupts, and adds nothing to the ſtrength of the ſick, but greatly to that of the diſtemper. There are a thouſand examples to prove. that it becomes a real poiſon : and we may ſenſibly perceive theſe poor creatures, who are thus compelled to eat, loſe their ſtrength, and fall into anxiety and ravings, in proportion as they ſwallow.

§ 18. They are further injured by the quality of their food. They are forced to ſup ſtrong gravy ſoups, eggs, biſcuits, and even fleſh, if they have but juſt ſtrength to chew it. It is almoſt impoſſible for them to ſurvive all this traſh. Should a man in perfect health be compelled to eat ſtinking meat, rotten eggs, ſtale four broth, he is attacked with as violent ſymptoms, as if he had taken real poiſon, which, in effect, he has. He is ſeized with vomiting, anguiſh, a violent purging, and a fever, with raving, and eruptive ſpots, which we call the purple fever. Now when the ſame articles of food, in their ſoundeſt ſtate, are given to a perſon in a fever, the heat, and the morbid matter, already in his ſtomach, quickly putrify them : and afte a few hours produce all the above-mentioned effects. Let any man judge then, if the leaſt ſervice can be expected from them.

The moſt obſerving perſons remark, that when a fever gathers ſtrength, and the patient weakneſs, The giving ſuch a ſoup or broth, though of the freſheſt meat, to a man who has a high fever, or putrid humours in his ſtomach, is to do him exactly the ſame ſervice, as if you had given him, two or three hours later, ſtale putrid ſoup.

§ 19. It werehappy for mankind, if they could be thoroughly perſuaded of this demonſtrable truth :--That the only things which can ſtrengthen ſick perſons, are thoſe which weaken their diſeaſe. Out of twenty ſick perſons, who are loſt in the country, more than two-thirds might have been

been cured, if they had been ſupplied with abundance of good water.

§ 20. What further increaſes our horror at this enormous propenſity to heat, dry up, and cram the ſick is that it is totally oppoſite to what nature herſelf indicates, in ſuch circumſtances. The burning heat of which they complain; the dryneſs of the lips, tongue and throat; the high colour of their urine; the longing they have for cooling things; the pleaſure they enjoy from freſh air, are ſo many proofs, which cry out with a loud voice, that we ought to cool them moderately, by all means. Their foul tongues, which ſhew the ſtomach to be in the like condition; their propenſity to vomit, their utter averſion to all ſolid food, and eſpecially to fleſh; the diſagreeable ſtench of the breath; and frequently the extraordinary offenſiveneſs of their excrements, demonſtrate that their bowels are full of putrid contents, which muſt corrupt all the aliments ſuperadded to them; and that the only thing which can be done, is to dilute them by plentiful draughts of cooling drinks. I affirm it again, and I heartily wiſh it may be thoroughly attended to, that as long as there is any taſte of bitterneſs, or of putreſcence; as long as there is a loathing, a bad breath, heat and feveriſhneſs with fetid ſtools, and little and high-coloured urine; ſo long all fleſh, fleſh-ſoup, eggs, and all kind of food compoſed of them, or of any of them, and all Venice-treacle, wine, and heating things are ſo many abſolute poiſons.

§ 21. Neither ſhould it be omitted, that even when a patient has eſcaped death, the miſchief is not ended; the conſequences of the high aliments and heating medicines being, to leave behind the principle of ſome chronical diſeaſe; which increaſing inſenſibly, burſts out at length, and finally procures his death.

§ 22. I muſt alſo take notice of another common practice; which is purging, or vomiting, at the

the very beginning of a diſtemper. Infinite miſchiefs are occaſioned by it. There are ſome caſes indeed, in which it is neceſſary. But it is a general rule, that they are hurtful at the beginning; always, when the diſeaſes are ſtrictly inflammatory.

§ 23. It is hoped by their aſſiſtance, to remove the oppreſſion of the ſtomach, a diſpoſition to vomet, a dry mouth, thirſt, and uneaſineſs. But the cauſes of theſe ſymptoms are ſeldom of a nature to yield to theſe evacuations. By the extraordinary thickneſs of the humours that foul the tongue, we ſhould form our notions of thoſe which line the ſtomach and the bowels. It may be waſhed, gargled, and even ſcraped to little purpoſe. It does not happen, until the heat, the fever and the ſizineſs of the humours are abated, that this filth can be thoroughly removed. The ſtate of the ſtomach being conformable to that of the tongue, no method can effectually ſcour and clean it at the beginning: but by giving diluting remedies plentifully, it gradually frees itſelf: and the propenſity to vomit, with its other effects, go off naturally.

§ 24. The vomit eſpecially, being given in an inflammatory diſeaſe, before the humours have been diminiſhed by bleeding, and diluted by plentiful ſmall drinks, is productive of the greateſt evil; of inflammations of the ſtomach, of the lungs and liver, of ſuffocations and frenzies. Purges ſometimes occaſion a general inflammation of the guts, which terminates in death. Some inſtances of each I have ſeen. The effect of ſuch medicines, in theſe circumſtances, ar much the ſame with thoſe we might expect, from the application of ſalt and pepper to a dry inflamed and foul tongue, in order to moiſten and clean it.

CHAP. III.

Of the means that ought to be uſed at the beginning of diſeaſes; and of the diet in acute diſeaſes.

Sect. 25.

HAVING clearly ſhewn the danger of the regimen, diet, and the principal medicines generally made uſe of on theſe occaſions, I muſt now point out the method they may purſue, without any riſque, on the invaſion of ſome acute diſeaſes, and the general diet which agrees with them all. And whenever I ſhall ſay in general, that a patient is to be put upon a regimen, it will ſignify, that he is to be treated according to the method preſcribed in this chapter; and all ſuch directions are to be obſerved, with regard to air, food, drink; except when I expreſsly order ſomething elſe.

§ 26. The greater part of acute diſeaſes, give ſome notice of their approach a few weeks, or at leaſt, ſome days before their actual invaſion; leſs activity than uſual, leſs appetite, a ſmall load or heavineſs at the ſtomach; ſome complaint in the head; a profounder degree of ſleep, yet leſs compoſed, and leſs refreſhing than uſual; ſometimes a light oppreſſion of the breaſt, leſs regular pulſe; a propenſity to be cold; an aptneſs to ſweat; and ſometimes a ſuppreſſion of a former diſpoſition to ſweat. At ſuch a term it may be practicable to prevent, or at leaſt conſiderably to mitigate, the moſt perplexing diſorders, by carefully obſerving the three following points.

1. To

1. To omit all violent work or labour, but not a gentle degree of exercise.

2. To use none, or very little, solid food; and especially to renounce all flesh, flesh-broth, eggs, and wine.

3. To drink three, or even four pints daily, by small glasses at a time, from half-hour to half-hour, of the Ptisans No. 1. and 2. or even of warm water, to each quart of which may be added half a glass of vinegar. No person can be destitute of this. Those who have honey will do well to add two or three spoonfuls of it to the water. A light infusion of elder-flowers, or of those of the lime tree, may also be advantageously used, or clear sweet whey.

§ 27. Very unhappily people take the directly contrary method. From the moment these previous complaints are perceived; they eat nothing but gross meat, eggs or strong meat-soups. They leave off garden-stuff and fruits, which would be proper for them; and they drink heartily (under a notion of strengthening the stomach) of wine and other liquors which strengthen nothing but the fever, and expel what degree of health might still remain.

§ 28. When the distemper is further advanced, and the patient is seized with coldness or shuddering, in a greater or less degree, which is commonly attended with an universal oppression, and pains over all the surface of the body; he should be put to bed, if he cannot keep up; or should sit down as quietly as possible, with a little more covering than usual; he should drink every quarter of an hour a small glass of some of those liquids I have recommended § 26.

§ 29. These patients earnestly covet a great load or covering, during the cold or shiverings; but we should be careful to lighten them as soon as it abates; so that when the heat begins, they may have no more than their usual covering. It were to be wished they had rather less. The country

country people lie upon a feather-bed, and under a downy coverlet, or quilt, that is commonly extremely heavy: and the heat which is heightened and retained by feathers, is particularly troublesome to perſons in a fever. Nevertheleſs, this cuſtom may be complied with for one ſeaſon of the year: but during our heats, or whenever the fever is violent, they ſhould lie on a pallet (which will be infinitely better for them) and ſhould throw away their coverings of down, ſo as to remain covered only with ſheets, or ſomething leſs injurious than feather coverings. A perſon could ſcarcely believe, how much comfort a patient is ſenſible of, in being eaſed of his former coverings.

§ 29.* As ſoon as the heat after the ſhuddering approaches, and the fever is manifeſtly advanced, we ſhould provide for the patient's *regimen*. And,

1. Care ſhould be taken that the air, in the room where he lies, ſhould not be too hot, the mildeſt degree of warmth being ſufficient; that there be as little noiſe as poſſible, and that no perſon ſpeak to the ſick without neceſſity. No external circumſtance heightens the fever more, nor inclines more to raving, than many perſons in the chamber, eſpecially about the bed. They leſſen the ſpring of the air; they prevent a ſucceſſion of freſh air; and the variety of objects occupies the brain too much. Whenever the patient has been at ſtool, or has made urine, theſe excrements ſhould be removed immediately. The windows ſhould certainly be opened night and morning, at leaſt for a quarter of an hour each time; when alſo a door ſhould be opened, to promote an entire change of air in the room. Nevertheleſs, as the patient ſhould not be expoſed to a current of air, the curtains of his bed ſhould be drawn on ſuch occaſions. If the ſeaſon be rigidly cold, a will be ſufficient to keep the windows open, it few minutes each time. In ſummer, at leaſt one window ſhould be ſet open day and night. The pouring

pouring a little vinegar upon a red-hot ſhovel alſo greatly conduces to reſtore the ſpring, and correct the putridity of the air. In our greateſt heats, when the ſick perſon is ſenſibly incommoded by it, the floor may be ſprinkled now and then by branches of willow or aſh trees dipt a little in pails of water.

§ 30. 2. With reſpect to the patient's nouriſhment, he muſt entirely abſtain from all food but the following, which is one of the wholeſomeſt, and indiſputably the ſimpleſt one. Take half a pound of bread, a morſel of the freſheſt butter, about the ſize of a hazel nut (which may be omitted too) three pints and one quarter of a pint of water: boil them till the bread be reduced to a thin conſiſtence: then ſtrain it, and give the patient one eighth part of it every three or every four hours; but ſtill more rarely, if the fever be vehemently high. Thoſe who have gruts, barley, oatmeal or rice, may prepare them in the ſame manner, with ſome grains of ſalt.

§ 31. The ſick may be ſometimes indulged, in lieu of theſe ſpoon-meats, with raw fruits in ſummer, or in winter with apples baked or boiled, or plumbs or cherries dried and boiled. Perſons of knowledge will not be ſurpriſed to ſee fruit directed in acute diſeaſes: the benefit of which they may have frequently ſeen. Such advice can only diſguſt thoſe, who will remain obſtinately attached to old prejudices. But could they reflect a little, they muſt perceive, that theſe fruits which allay thirſt, which abate the fever, which correct and attemper the putrid and heated bile, which gently diſpoſe the belly to be rather open, and promote the diſcharge of the urine, muſt prove the propereſt nouriſhment for perſons in acute fevers. We may ſafely allow in all continual fevers, cherries, red and black, ſtrawberries, the beſt cured raiſins, raſpberries, and mulberries; provided all of them be perfectly ripe. Apples, pears, and plumbs are leſs nutritive and diluting,

as

leſs ſucculent, and rather leſs proper. Some kinds of pears however are extremely juicy, ſuch as the Dean or Valentia pear, different kinds of the Buree pear; the St. Germain, the green ſugary pear, and the Summer royal, which may all be allowed; as well as a little juice of very ripe plumbs, with the addition of water to it. This laſt I have known to aſſuage thirſt in a fever, beyond any other liquor. Care ſhould be taken, at the ſame time, that the ſick ſhould never be indulged in a great quantity of any of them at once, which would overload the ſtomach; but if they are given a little at a time and often, nothing can be more ſalutary. China oranges, or lemons, may be taken likewiſe; but without eating any of the peel, which is hot and inflaming.

§ 32. (3.) Their drink ſhould be ſuch as allays thirſt, and abates the fever; ſuch as dilutes, relaxes, and promotes the evacuations by ſtool, urine and perſpiration. All thoſe which I have recommended in the preceding chapters, poſſeſs theſe qualities. A glaſs or a glaſs and a half of the juice of ſuch fruits, as I have juſt mentioned, may alſo be added to three pints full of water.

The ſick ſhould drink at leaſt twice or thrice that quantity daily, often, and a little at once, between three and four ounces, every quarter of an hour. The coldneſs of the drink ſhould juſt be taken off.

§ 33. (4.) As long as the patient has ſtrength for it, he ſhould ſit up out of bed one hour daily, and longer if he can bear it; but at leaſt half an hour. It has a tendency to leſſen the fever, the head-ach, and raving. But he ſhould not be raiſed, while he has a hopeful ſweating; though ſuch ſweats hardly ever occur, but at the concluſion of diſeaſes, and after the ſick has had ſeveral other evacuations.

§ 34. (5.) His bed ſhould be made daily while he ſits up; and the ſheets, as well as the patient's linen, ſhould be changed every two days, if it can be

be done with safety. An unhappy prejudice has established a contrary practice. The people about the patient dread the very thought of rising out of bed; they let him continue there in nasty linen, loaded with putrid steams: which not only keep up the distemper, but even heighten it into some degree of malignity. I again repeat it here, that nothing conduces more to continue the fever and raving, than confining the sick constantly to bed, and with-holding him from changing his foul linen: by relieving him from both of which I have, without the assistance of any other remedy, put a stop to a continual delirium of twelve days uninterrupted duration. A man must be in nearly a dying condition, not to be able to bear these small commotions, which, in the very moment he permits them, increase his strength, and immediately after abate his complaints. One advantage the sick gain by sitting up a little, is the increased quantity of their urine. Some have been observed to make none at all, if they did not rise out of bed.

A considerable number of acute diseases have been effectually cured by this method, which mitigates them all. Where it is not used, medicines are very often of no advantage. It were to be wished the patient and his friends were made to understand, that distempers are not to be expelled at once with rough usage; that they must have their course; and that the use of violent medicines might indeed abridge the course of them, by killing the patient; yet never otherwise shortened the disease; but, on the contrary, rendered it more tedious and obstinate; and often entailed such unhappy consequences on the sufferer, as left him feeble and languid for the rest of his life.

§ 35. The terms of recovery from a disease requires considerable attention, as it is always a state of feebleness. The same kind of prejudice which destroys the sick, by compelling them to eat,

eat, during the violence of the diſeaſe, is extended to the ſtage of recovery: and either renders it troubleſome and tedious: or produces fatal relapſes. In proportion to the abatement of the fever, the quantity of nouriſhment may be gradually increaſed: but as long as there are any remains of it, their qualities ſhould be thoſe I have recommended. Whenever the fever is completely terminated, different foods may be entered upon; ſo that the patient may venture upon a little white meat, provided it be tender; ſome fiſh: * a little fleſh-ſoup, a few eggs at times, with wine properly diluted. It muſt be obſerved at the ſame time, that thoſe aliments which reſtore the ſtrength, when taken moderately, delay the perfect cure, if they exceed in quantity, though but a little; becauſe the ſtomach being extremely weakened, is capable only, as yet, of a ſmall degree of digeſtion.

All bad conſequences are prevented, by the recovering ſick contenting themſelves, for ſome time, with a very moderate ſhare of proper food. We are not nouriſhed in proportion to the quantity we ſwallow, but to that we digeſt. A perſon on the mending hand, who eats moderately, digeſts it, and grows ſtrong from it; he who ſwallows abundantly, does not digeſt it, and inſtead of being ſtrengthened, withers inſenſibly away.

§ 36. We may reduce, within the few following rules, all that is to be obſerved, in order to procure a complete termination of acute diſeaſes.

1. Let thoſe who are recovering, take very little nouriſhment at a time, and take it often.

2. Let them take but one ſort of food a teach meal, and not change their food too often.

3. Let them chew whatever ſolid victuals they eat very carefully.

* The fiſh that are proper in this caſe are whitings, flounders, plaice, dabs, or gudgeons. Salmon, eels, carp, all the ſkate kind, haddock, and the like, ſhould not be permitted, before the ſick return to their uſual ſtate of health.

4. Let them diminiſh their quantity of drink. The beſt for them in general is water, with a fourth or third part of white wine. Too great a quantity of liquids, at this time, prevents the ſtomach from recovering its ſtrength; impairs digeſtion; increaſes the tendency to a ſwelling of the legs.

5. Let them go abroad as often as they are able, whether on foot, in a carriage, or on horſeback. This laſt exerciſe is the beſt for them. They, who practice it, ſhould mount before their principal meal, which ſhould be about noon, and never ride after it.

6. As people in this ſtate are ſeldom quite as well towards night, in the evening they ſhould take little food. Their ſleep will be the leſs diſturbed, and repair them the more, and ſooner.

7. They ſhould not remain in bed, above ſeven or eight hours.

8. The ſwelling of the legs and ancles, which happens to moſt perſons at this time, is not dangerous, and generally diſappears of itſelf; if they live ſoberly and regularly, and take moderate exerciſe.

9. It is not neceſſary, in this ſtate, that they ſhould go conſtantly every day to ſtool; though they ſhould not be without one above two or three. If their coſtiveneſs exceeds this term, they ſhould take ſomething opening.

10. They muſt by no means return to their labour too ſoon. This prevents many from ever recovering their ſtrength. And makes them loſe in the conſequence, every following week of their lives, more time than they ever gained, by their over-early reſuming of their labour.

CHAP. IV.

Of an Inflammation of the BREAST.

SECT. 37.

A Peripneumony, is an inflammation of the lungs, commonly of one only, and conſequently on one ſide. The ſigns are a ſhivering, of more or leſs duration, during which the perſon affected is very reſtleſs and in great anguiſh, an eſſential ſymptom; and which has helped me more than once to diſtinguiſh this diſeaſe, at the very inſtant of its invaſion. A conſiderable degree of heat ſucceeds the ſhivering, which for a few hours, is often blended with returns of chilline ſs. The pulſe is quick, ſtrong, moderately full, hard and regular, when the diſtemper is not very violent; but ſmall, ſoft, and irregular, when it is very dangerous. There is alſo a pain, but rather light and tolerable, in one ſide of the breaſt; ſometimes a kind of ſtraitening on the heart; at other times pains through the whole body, eſpecially along the reins. The patient finds a neceſſity of lying almoſt continually upon his back, being able to lie but rarely on either of his ſides. Sometimes his cough is dry, and then attended with moſt pain; at other times it is attended with a hawking up, blended with more or leſs blood, and ſometimes with pure blood. There is alſo ſome pain, or at leaſt weight and heavineſs in the head, and frequently a propenſity to rave. The face is almoſt continually flushed: though ſometimes there is a degree of paleneſs and an air of aſtoniſhment, which portend no little danger. The lips, the tongue, the palate, the ſkin are all dry: the breath hot; the urine little and high-coloured in the firſt ſtage: but more plentiful, leſs flaming, and letting fall much ſediment afterwards. There is a frequent thirſt, and ſometimes an inclination

to vomit; which, impoſing on the ignorant aſſiſtants, have often inclined them to give the patient a vomit, which is mortal, eſpecially at this juncture. The ſymptoms are heightened almoſt every night, during which the cough is exaſperated and the ſpitting in leſs quantity. The beſt expectoration is of a middling conſiſtence, neither too thin, nor too hard and tough. Sometimes the inflammation aſcends along the wind-pipe, and in ſome meaſure ſuffocates the patient.

§ 38. Whenever the diſeaſe is very violent, the patient cannot draw his breath, but when he ſits up. The pulſe becomes very ſmall and very quick, the countenance livid, the tongue black, the eyes ſtare wildly; and he ſuffers inexpreſſible anguiſh, attended with inceſſant reſtleſſneſs: he raves without intermiſſion; can neither throughly wake nor ſleep. The ſkin of his breaſt and of his neck is covered (eſpecially when the diſtemper is extremely violent) with livid ſpots; he ſinks into a lethargy, and ſoon dies.

§ 39. If the diſeaſe ruſhes on at once, with a violent attack; if the cold ſhivering laſt many hours, and is followed with a ſcorching degree of heat; if the brain is affected from the very onſet; if the patient has a ſmall purging, attended with a ſtraining to ſtool: if he abhors the bed; if he either ſweat exceſſively, or his ſkin be extremely dry; and if he ſpits up with much difficulty, the diſeaſe is extremely dangerous.

§ 40. He muſt directly from the firſt ſeizure in this ſtate, be put upon a regimen, and his drink muſt never be given cold. It ſhould either be the barley water No. 2. the almond emulſion No. 4, or the ptiſan No. 7. The juices of the plants, which enter into the laſt of theſe drinks, are excellent remedies; as they powerfully attenuate the viſcid blood, which cauſes the inflammation.

As ſoon as ever the cold aſſault is over, twelve ounces of blood muſt be taken away at once; and if the patient be young and ſtrong, fourteen or even ſixteen. This plentiful bleeding gives him

more

more eaſe, than if twenty-four ounces had been drawn at three different times.*

§ 41. When the diſeaſe is circumſtanced as deſcribed (§ 37.) that firſt bleeding makes the patient eaſy for ſome hours; but the complaint returns; and to obviate its violence, we muſt repeat the bleeding four hours after the firſt, taking again twelve ounces of blood. And if, about the expiration of eight or ten hours, it appears to kindle up again, it muſt be repeated a third, or even a fourth time.

§ 42. In this and in all other inflammatory diſeaſes, the blood is thick and viſcid: and almoſt immediately on its being drawn, a white tough ſkin, ſomewhat like leather, is formed on its top, which is called the *pleuritic cruſt*. It is thought a promiſing appearance, when at each bleeding it ſeems leſs hard, and leſs thick, than it was at the preceding ones; and this is generally true, if the ſick feels himſelf, at the ſame time, ſenſibly better: but whoever ſhall attend *ſolely* to the appearance of the blood, will find himſelf often deceived.

§ 43. The patient's legs ſhould every day, for half an hour, be put into a bath of warm water, wrapping him up cloſely; that the cold may not check that perſpiration, which the bath promotes.

And every two hours he ſhould take two ſpoonfuls of the mixture No. 8, which promotes all the diſcharges and chiefly that of expectoration.

§ 44. When the oppreſſion and ſtraitneſs are conſiderable, and the cough dry, the patient may receive the vapour of boiling water, to which a little vinegar has been added. There are two ways of effecting this: a veſſel filled with ſuch boiling hot water, and, covering the patient's head and the veſſel with a linen cloth, that may incloſe the ſteam; or by holding before his mouth a ſponge dipped in the ſame boiling liquor. This laſt method is the leaſt effectual, but it fatigues

* The applications ſet down the in *Primitive Phyſic*, cure without bleeding at all.

the patient conſiderably leſs. When this bad ſymptom is extremely preſſing, vinegar alone ſhould be uſed without water: and the vapour of it has often ſaved patients, who ſeemed to have one foot in the grave: but it ſhould be continued for ſeveral hours.

The outward remedies directed in No. 9, are alſo applied with ſucceſs to the breaſt, and to the throat.

§ 45. When the fever is extremely high, the ſick ſhould take, every hour, a ſpoonful of the mixture No. 10, in a cup of the Ptiſan No. 7. *, but without diminiſhing on this account the uſual quantity of his other drinks, which may be taken immediately after it.

§ 46. As long as the patient continues equally bad, the ſame medicines are to be repeated. But if on the third day (tho' it rarely happens ſo ſoon) or fourth, or fifth, the diſeaſe takes a more favourable turn; the cough be leſs ſevere, the matter coughed up leſs bloody; reſpiration becomes eaſier; the head be leſs affected; the tongue not quiet ſo dry: if the high colour of the urine abates, and its quantity be increaſed, it may be ſufficient then to keep the patient carefully to his regimen. The exaſpiration that occurs the fourth day is often the higheſt.

47. This diſtemper is commonly carried off by expectoration, often by urine, which on the ſeventh, the ninth, or the eleventh day, ſometimes on the days between them, begins to let fall a plen-

* The uſe of acids, in inflammations of the breaſt, requires no little conſideration. Whenever the ſick perſon has an averſion to them; when the tongue is moiſt, the ſtomach is heavy and diſordered, and the habit of the patient is mild and ſoft: when the cough is very ſharp without great thirſt, we ought to abſtain from them. But when the inflammation is joined to a dry tongue, to great thirſt, heat, and fever, they are of a great ſervice. Slices of China-oranges ſprinkled with ſugar may be given firſt; a light lemonade may be allowed afterwards; and at laſt ſmall doſes of the mixture, No. 10. if it becomes neceſſary.

In this diſeaſe, and in pleuriſies, more ſolid benefit has been received from the uſe of rattle-ſnake root, than from any other medicine whatſoever. Bleeding indeed is premiſed to it; but it has often ſaved the neceſſity of repeated bleedings.

a plentiful ſediment of a pale red colour, and ſometimes red *pus*. Theſe diſcharges are ſucceeded by ſweats, which are as ſerviceable then, as they were injurious at the beginning of the diſeaſe.

§ 48. Some hours before theſe evacuations appear, there come on not ſeldom, ſome alarming ſymptoms, ſuch as great anguiſh; palpitations; ſome irregularity in the pulſe; an increaſed oppreſſion; convulſive motions (this being the *Criſis* of the diſtemper) but they are no ways dangerous, provided they do not occaſion any improper treatment. Theſe ſymptoms depend on the morbid matter, which, being diſlodged, circulates with the humours, and irritates different parts, until the diſcharge of it has fairly begun; after which all ſuch ſymptoms diſappear, and ſleep generally enſues. However I cannot too ſtrongly inſiſt on the neceſſity of great prudence in ſuch circumſtances. If the abſurd practice of directing particular remedies for ſuch accidents takes place, ſuch as ſpirituous cordials, Venice-treacle, confections, caſtor, and rue; the conſequence is, that nature being diſturbed in her operations, the *Criſis* is not effected; the matter which ſhould be diſcharged out of the body, is thrown upon ſome internal or external part of it. Should it be on ſome inward part, the patient either dies at once, or another diſtemper ſucceeds, more troubleſome than the firſt. Should it be expelled to ſome outward part, as ſoon as ever a tumour appears, ripening poultices ſhould be applied, after which it ſhould immediately be opened.

§ 49. In order to prevent ſuch unhappy conſequences, great care muſt be taken, whenever ſuch terrifying ſymptoms come on, [about the time of the *Criſis*] to make no change in the diet, or treatment of the patient; except in applying, every two hours, a flannel ſqueezed out of warm water, which may cover all the belly, and in a manner go round the body behind the reins. The quantity of his drink may alſo be increaſed a little:

and nouriſhment leſſened, as long as this violent ſtate continues.

§ 50. Vomits and purges are directly contrary to the nature of this diſeaſe. Anodynes, or opiates are alſo, in general, very improper. When the diſeaſe proceeds in a regular manner, the patient may be called ſafe by the fourteenth day; when he may, if he has an appetite, be put upon the diet of people who are recovering. But if he ſtill retains an averſion to food; if his mouth is foul and furred, and he is ſenſible of ſome heavineſs in his head, he ſhould take the purging portion No. 11.

§ 51. Bleeding from the noſe occurs ſometimes naturally in this diſeaſe, even after repeated bleedings; theſe are favourable, and are commonly attended with more relief than artificial bleedings. Such voluntary diſcharges may ſometimes be expected, when the patient is ſenſibly mended after the uſe of the lancet; and yet complains of great pain in his head, accompanied with quick ſparkling eyes, and a redneſs of the noſe. Nothing ſhould be done to ſtop theſe bleedings, they will ceaſe of themſelves. At other times, but more rarely, the diſtemper is carried off by a natural purging, attended with moderate pain, and the diſcharge of bilious matter.

§ 52. If the expectoration ſtops ſuddenly, and is not ſpeedily attended with ſome other evacuation; the oppreſſion and anguiſh of the patient immediately return, and the danger is great and preſſing. If the diſtemper is not of many days ſtanding; if the patient is a ſtrong perſon; if he has not as yet been plentifully bled; if there be ſtill ſome blood mixed with the humour he expectorates; or if the pulſe be ſtrong and hard, he ſhould be bled immediately in the arm; and conſtantly receive the ſteam of hot water and vinegar by the mouth, and drink plentifully of the

Ptiſan

Ptiſan No. 2, ſomething hotter than ordinary. But if his circumſtances are different from theſe juſt mentioned, inſtead of bleeding, two bliſters ſhould be applied to the legs; and he ſhould drink plentifully of the Ptiſan No. 12.

The cauſes which oftenest produce this ſuppreſſion of expectoration are, 1. a ſuddned cool air; 2. too hot a one; 3. over-hot medicines; 4. exceſſive ſweating; 5. a purge ill-timed; and 6. ſome immoderate paſſion of the mind.

§ 53. When the ſick has not been ſufficiently bled, and ſometimes, when he has been weakened by exceſſive bleeding; ſo that the diſcharges have been confuſed by ſome other cauſes; then the veſſels that have been inflamed, do not unload the humours, which oppreſs them. But there happens in the lung, the ſame circumſtance we ſee daily on the ſurface of the body. If an inflammatory ſwelling does not diſperſe itſelf, it forms an impoſthume. Thus in the inflamed lung, if the inflammation is not diſſipated, it forms an *Abſceſs*, or *Vomica*: and the matter of that abſceſs, like the external ones, remains often long incloſed in its bag, without burſting its caſe, and diſcharging the matter it contains.

§ 54. If the inflammation was not deeply ſeated in the lung, but was near the ribs, the ſack will burſt on the ſurface of the lung, and the matter be diſcharged into the cavity of the breaſt. But when the inflammation is conſiderably deeper, the impoſthume burſts within ſide of the lung itſelf. If its orifice is ſo ſmall, that little can get out at once; if the quantity of matter be inconſiderable, and the patient is pretty ſtrong, he coughs up the matter, and is ſenſibly relieved. But if its orifice is wide, and it throws out a great quantity at once; or if the patient is very weak, he dies the very moment it burſts, and that ſometimes when it is leaſt expected. I have ſeen one patient expire, when he was conveying

a ſpoonful of ſoup to his mouth; and another while he was wiping his noſe.

§ 55. Whatever diſtemper is included within the breaſt of a living patient, is neither an object of the ſight nor touch, whence theſe inward tumours, are ſo often unſuſpected. The evacuations that were neceſſary for the cure, have not taken place during the firſt fourteen days. At the end of this term, the patient is not very conſiderably relieved; but, the fever continues pretty high, with a pulſe continually quick; in general ſoft and weak; though ſometimes pretty hard, and often fluctuating, or, as it were waving. His breathing is ſtill difficult, with ſmall ſhudderings from time to time, an exaſperation of the fever, flushed cheeks, dry lips, and thirſt.

The increaſe of theſe ſymptoms declares, that matter is formed: the cough then becomes more continual; being exaſperated with the leaſt motion; or as ſoon as ever the patient has taken any nouriſhment. He can repoſe only on the ſide affected. It often happens indeed, that he cannot lie down at all; but is obliged to ſit up all day; ſometimes even without daring to lean a little upon his loins, for fear of increaſing the cough and oppreſſion. He is unable to ſleep; has a continual fever, and his pulſe frequently intermits.

The fever is not only heightened every evening, but the ſmalleſt quantity of food, the gentleſt motion, a little coughing, the lighteſt agitation of the mind, a little more than uſual heat in the chamber, ſoup, either a little too ſtrong, or a little too ſalt, increaſe the quickneſs of the pulſe the moment they occur, or are given. He is reſtleſs, has ſome ſhort attacks of terrible anguiſh, accompanied and ſucceeded by ſweatings on the breaſt. He ſweats ſometimes the whole night; his urine is reddiſh, now frothy, and at other times oily, as it were. Sudden flushings, hot as flames, riſe into his whole viſage. The greater number

number of the ſick are ſenſible of a diſagreeable taſte in their mouth; ſome of old ſtrong cheeſe; others of rotten eggs; others of ſtinking meat, and fall greatly away. The thirſt of ſome is unquenchable, their mouths and lips are parched, their voice weak and hoarſe, their eyes hollow, with a kind of wildneſs in their looks. They have a general diſguſt to all food; and if they ſhould aſk for ſome particular nouriſhment without ſeeing it, they reject it the moment it is brought them; and their ſtrength at length ſeems wholly exhauſted.

§ 56. When a *Vomica* is formed, as long as it is not emptied, all theſe ſymptoms increaſe, and the *Vomica* grows in ſize: the whole ſide of the lung affected ſometimes becomes a bag of matter. The ſound ſide is compreſſed, and the patient dies after dreadful anguiſh.

To avoid ſuch fatal conſequences, it is neceſſary to procure the rupture of this abſceſs, as ſoon as we are aſſured of its exiſtence; and as it is ſafer it ſhould break within the lobe whence it may be diſcharged by hawking up, than that it ſhould void itſelf into the cavity of the breaſt, we muſt endeavour, that this rupture may be affected within the lungs.

§ 57. The moſt effectual methods to procure this are; 1, to make the patient continually receive, by his mouth, the vapour of warm water. 2, when by this means that part of the lack is ſoftened, where we wiſh the rupture to happen, he is to ſwallow a large quantity of the moſt emollient liquid: ſuch as barley-water, light veal broth, or milk and water. By this means the ſtomach is kept always full: ſo that the reſiſtance to the lungs being conſiderable on that ſide, the abſceſs will be preſſed towards the ſide of the wind-pipe, as it will meet with leſs reſiſtance there. This fulneſs of the ſtomach will alſo incline the patient to cough, which may concur to produce a good event. Hence 3, we ſhould endeavour to make the patient cough, by making him

him ſmell ſome time vinegar, or even ſnuff up a little; or by injecting into his throat, by means of a ſmall ſyringe, a little water or vinegar. 4, He ſhould be adviſed to bawl out loud, or to read loud. 5, Let him take every two hours a ſoup-ladle of the potion No. 8. 6, He ſhould be put into a cart, or ſome other carriage; but not before he has drank plentifully of thoſe liquors: after which the jolting in the carriage has ſometimes immediately procured a rupture, or breaking of the abſceſs.

Many perſons afflicted with a *Vomica*, faint away the very inſtant it breaks. Some ſharp vinegar ſhould be directly held to their noſe. This ſmall aſſiſtance is generally ſufficient, where the burſting of it is not attended with ſuch appearances as ſhew it to be mortal.

§ 58. If the ſick perſon was not extremely weak before the burſting of the abſceſs, if the matter was white and well conditioned; if the fever abates and the cough is leſs violent; if his uſual ſtrength returns, if the quantity he expectorates, becomes gradually leſs; and if his urine is apparently better, we may have room to hope, that by the aſſiſtance of thoſe remedies I ſhall direct, he may be completely cured.

§ 59. But when his ſtrength is exhauſted before the burſting of the abſceſs, when the matter is too thin and tranſparent, brown, green, yellow, bloody, and of an offenſive ſmell; the pulſe continues quick and weak; if the patient's appetite, ſtrength, and ſleep, do not improve, there remains no hope of a cure.

§ 60. 1. Give every four hours a little barley or rice-cream. 2. If the matter brought up is thick and glewy, ſo that it is difficult to be diſcharged, give every two hours a ſoup-ladle of the potion No. 8. and between the giving theſe two, let the patient take every half-hour, a cup of the drink No. 13. 3. When there is no occaſion for theſe

theſe medicines to promote the diſcharge they muſt be omitted; though the ſame ſort and quantity of food are to be continued; but with the addition of an equal quantity of milk; or, which would be ſtill more beneficial, inſtead of this mixture, we ſhould give an equal quantity of ſweet milk, taken from a good cow, which in ſuch a caſe, may compoſe the whole nouriſhment of the patient. 4, He ſhould take four times a day, beginning early in the morning, and at the diſtance of two hours, a doſe of the powder No. 14. diluted in a little water ‡. His common drink ſhould be almond-milk, or barley-water, or freſh-water, with a fourth part milk. 5, He ſhould exerciſe every day on horſe-back, or in a carriage, according as his ſtrength and circumſtances allow. But of all ſorts of exerciſe, that upon a trotting horſe, is beyond all compariſon, the beſt, if he can bear it.

§ 61. The influence of the air is of more importance in this diſorder, than in any others; for which reaſon great care ſhould be taken to procure the beſt, in the patient's chamber. For this purpoſe it ſhould often have an admition of freſh air, and be ſweetened from time to time, though very lightly, with a little good vinegar; and in the ſeaſon it ſhould be plentifully ſupplied with agreeable herbs, flowers and fruits. Should the ſick be confined in an unwholeſome air, there can be but little proſpect of curing him

§ 62. Out of many perſons affected with theſe diſorders, ſome have been cured by taking nothing but butter-milk: others by melons and cucumbers only; and others again by ſummer-fruits of every ſort. Nevertheleſs, as ſuch caſes are ſingular, I adviſe the patient to obſerve the method I have directed here.

§ 63. When

‡ Rather pour upon it a coffee cup full of boiling water. Cover this two or three minutes. Then drink the water, leaving the powder behind.

§ 63. When the diſcharge from the breaſt diminiſhes, and the patient is perceivably mended in every reſpect, it is a proof that the abſceſs is clean, and diſpoſed to heal up. If the diſcharge continues in great quantity, if it ſeems but of an indifferent conſiſtence; if the fever returns every evening, it may be apprehended, that the wound, inſtead of healing, may degenerate into an *Ulcer*. Then the patient would fall into a confirmed hectic.

I am not acquainted with any better remedy, in ſuch caſe, than a perſeverance in theſe already directed, with exerciſe on horſeback. In ſome of them indeed, recourſe may be had to the ſweet vapours of ſome vulnerary herbs in hot water, with a little oil of turpentine, as directed No. 15. I have ſeen them ſucceed. If the cough prevents the patient from ſleeping, he may take in the evening two or three table-ſpoonfuls of the preſcription No. 16, in a glaſs of barley-water.

§ 64. The very ſame cauſes which ſuddenly ſuppreſs the expectoration, in an inflammation of the breaſt, may check the expectoration from a *Vomica*: in which circumſtance the patient is ſpeedily afflicted with an oppreſſion and anguiſh, a fever and evident feebleneſs. We ſhould immediately endeavour to remove this ſtoppage, by the vapour of hot water; by giving a ſpoonful of the mixture No. 3. every hour; by a large quantity of the Ptiſan No. 12. and by a proper degree of exerciſe. As ſoon as ever the expectoration returns, the other ſymptoms diſappear. I have ſeen this ſuppreſſion in ſtrong habits quickly followed with an inflammation about the ſeat of the *Vomica*, which has obliged me to bleed, after which the expectoration immediately returned.

§ 65. Some may be ſurprized, that in treating, of an abſceſs of the lungs, I ſay nothing of thoſe remedies, commonly termed *balſamics*, as turpentines, balſam of Peru, of Mecca, frankincenſe, maſtich, myrrh, ſtorax, and balſam of ſulphur. I never in ſuch caſes made uſe of theſe medicines; becauſe

becauſe I am convinced, that their operation is hurtful; they protract the cure, and often change a ſlight diſorder into an incurable diſeaſe. They obſtruct the fineſt veſſels of the lungs, whoſe obſtructions we ſhould endeavour to remove: and evidently occaſion, except their doſe be extremely ſmall, heat and oppreſſion.

§ 66. If the *Vomica*, inſtead of breaking within the lungs, ſhould break without it, the pus falls into the cavity of the breaſt. We know when that has happened, by the ſenſation of the patient; who perceives a ſingular kind of movement, generally accompanied with a fainting. The oppreſſion and anguiſh ceaſe at once, the fever abates, the cough however commonly continues, though without any expectoration. But this ſeeming amendment is ſhort, ſince from the daily augmentation of the matter, and its becoming more acrid or ſharp, the lungs become oppreſſed, irritated and eroded. The difficulty of breathing, heat, thirſt, wakefulneſs, diſtaſte, and deafneſs, return, with frequent ſinkings and weakneſs. The patient ſhould be confined to his *regimen*, to retard the increaſe of the diſeaſe as much as poſſible; notwithſtanding no other effectual remedy remains, except that of opening the breaſt between two of the ribs, to diſcharge the matter.

§ 67. An inflammation may alſo form what we call a *Scirrhus*, which is a very hard, unpainful tumour. This is known to occur, when the diſeaſe is not terminated in any of thoſe manners I have repreſented; and where though the fever and the other ſymptoms diſappear, the breathing remains a little oppreſſed; the patient ſtill retains a troubleſome ſenſation in one ſide of his breaſt; and has from time to time a dry cough, which increaſes, after exerciſe, and after eating. This malady is but ſeldom cured: though ſome attacked with it laſt many years, without any other conſiderable complaint. They ſhould avoid all occaſions of over-heating themſelves; which

might

might readily produce a new inflammation about this tumour, the conſequences of which would be highly dangerous.

The beſt remedies againſt this diſorder, and from which I have ſeen good effects, are the medicated whey No. 17, and the pills No. 18. The patient may take twenty pills, and a pint and a half of the whey every morning for a long continuance; and receive inwardly, now and then, the vapour of hot water.

CHAP. V.

Of the PLEURISY.

SECT. 68.

THE Pleuriſy is chiefly known by theſe four ſymptoms, a ſtrong fever, a difficulty of breathing, a cough, and an acute pain about the breaſt.

The cauſe of this diſeaſe is exactly the ſame with that of the former: that is, an inflammation of the lungs; but an inflammation, that ſeems rather a little more external. The only conſiderable difference in the ſymptoms is, that the pleuriſy is accompanied with a moſt acute pain under the ribs. This pain is felt indifferently over every part of the breaſt; though more commonly about the ſides, and oftenеſt on the right ſide. The pain is greatly increaſed whenever the patient coughs or draws in the air in breathing; and hence ſome patients forbear to cough or reſpire, as much as they poſſibly can; and that aggravates the diſeaſe, by ſtopping the courſe of the blood in the lungs, which are ſoon overcharged with it. Hence the inflammation of this bowel becomes general; the blood mounts up to the head; the countenance looks deeply red, or as it were livid; the patient becomes nearly ſuffocated.

Sometimes an inflammation of the lungs is communicated

communicated alſo to the *Pleura*; but this is not frequently the caſe.

§ 69. Spring is commonly the ſeaſon productive of pleuriſies. The diſeaſe uſually begins with a violent ſhivering, ſucceeded by conſiderable heat, with a cough, an oppreſſion, and ſometimes with a ſenſible ſtraitning, as it were, all over the breaſt; and alſo with a head-ach, a redneſs of the cheeks, and with a reaching to vomit. The ſtitch does not always happen at firſt; often not till after ſeveral hours: ſometimes not before the ſecond, or even the third day. Sometimes the patient feels two ſtitches, in different parts of the ſide; though it ſeldom happens that they are equally ſharp, and the lighteſt ſoon ceaſes. Sometimes alſo the ſtitch ſhifts its place, which promiſes well, if the part firſt attacked by it continues free from pain: but it has a bad appearance, if, while the firſt is preſent, another ſupervenes, and both continue. There often occurs at, or quickly after, the invaſion, ſuch an expectoration, as happens in an inflammation of the breaſt; at other times there is not the leaſt appearance of it whence ſuch are named dry Pleuriſies. Sometimes the ſick cough but little, or not at all. They often lie more at eaſe upon the ſide affected, than on the ſound one. The progreſs of this diſeaſe advances exactly like that deſcribed in the preceding chapter.

§ 70. This diſtemper is often produced by drinking cold water, while a perſon is hot; from which cauſe it is ſometimes ſo violent, as to kill the patient in three hours. A young man was found dead at the ſide of the ſpring, from which he had quenched his thirſt. Neither indeed is it uncommon for pleuriſies to prove mortal within three days.

Sometimes the ſtitch diſappears, whence the patient complains leſs; but at the ſame time his countenance changes; he grows pale and ſad: his eyes look dull and heavy and his pulſe grows feeble,

feeble. This signifies a translation of the disease to the brain, a case which is almost constantly fatal.

There is no disease in which the critical symptoms are more violent, and more strongly marked, than in this. It is proper this should be known, as it may prevent or lessen our excessive terror. A perfect cure supervenes, sometimes, at the very moment when death was expected.

§ 71. This malady is one of the most destroying kind, as well from its own violent nature, as through the pernicious treatment of it in country places. As soon as a person is afflicted with a stitch, all the hot medicines are set to work. This mortal error destroys more people than gunpowder.

The proper manner of treating this disease, is exactly the same with that of the peripneumony. Hence the bleedings, the softening and diluting drinks, the steams, and the poultices are the real remedies. These last perhaps are still more effectual in the pleurisy; and therefore they should be continually applied over the very stitch.

If, from the beginning of the disease, the pulse is but a little quicker and harder than in a healthy state: if the head-ach and the stitches are moderate; if the cough is not too violent: bleeding may be omitted.

§ 72. In those dry pleurisies, in which the stitch, the fever, and the head-ach are strong and violent; and where the pulse is very hard and very full, with an excessive dryness of the skin and of the tongue, bleeding should be frequently repeated, and at small intervals. This method commonly cures the disease effectually, without using any other evacuation.*

§ 73. It has been observed that some persons, who have been once attacked by this disease, are often liable to relapses of it. Such as can confine themselves to some proper precautions, may prevent these returns, even without bleeding, by a

* So does a poultice of boiled nettles, without bleeding,

temperate

temperate regimen, by abſtaining from time to time, from eating fleſh, and drinking wine; (at which times they ſhould drink whey, or ſome of thoſe diet drinks No. 1, 2, 3.) and by bathing their legs ſometimes in warm water, eſpecially in thoſe ſeaſons when this diſeaſe is moſt likely to return.

CHAP. VI.

Of the Diſeaſes of the THROAT.

SECT. 74.

THE Throat is ſubject to many diſeaſes: one of the moſt dangerous, is that inflammation of it called a *Quinſey*. This in effect is a diſtemper of the ſame nature with an inflammation of the breaſt; but as it occurs in a different part, the ſymptoms, are very different. They alſo vary, according to the different parts of the throat which are inflamed.

§ 75. The general ſymptoms of an inflammation of the throat are ſhivering, ſubſequent heat, a fever, head-ach, red high-coloured urine, a conſiderable difficulty, and ſometimes an impoſſibility, of ſwallowing any thing. If the neareſt parts to the windpipe are attacked, breathing becomes exceſſively difficult; the patient is ſenſible of extreme anguiſh, the diſeaſe is then extended to the windpipe, and even to the ſubſtance of the lungs, whence it becomes ſpeedily fatal.

The inflammation of the other parts is attended with leſs danger; and this danger becomes ſtill leſs, as the diſeaſe is more extended to the ſuperficial parts. When the inflammation is general, and ſeizes all the internal parts of the throat, and particularly the tonſils, the *uvula*, and the root of the tongue, it is one of the moſt dangerous and dreadful maladies. The face is then ſwelled up and inflamed; the whole inſide of the throat is in the ſame condition; the patient can get nothing

thing down; he breathes with pain and anguish which concur with a stuffing in his brains to throw him into a kind of furious *delirium*; the miserable patient is deprived of all his strength, and commonly dies the second or third day.

§ 76. Sometimes the disease shifts from the internal to the external parts: the skin of the neck and breast grows very red and painful, but the patient finds himself better.

At other times the disorder quits the throat; but is transferred to the brain or the lungs. Both these translations are mortal, when the best advice cannot be immediately procured; and even the best is often ineffectual.

§ 77. The most usual kind of this disease is that which affects only the tonsils and the palate. It generally first invades one of the tonsils, which becomes enlarged, red and painful, and does not allow the afflicted to swallow but with great pain. Sometimes the disorder is confined to one side; but most commonly it is extended to the *uvula*, from whence it is extended to the other tonsil. If it be of a mild kind, the tonsil first affected is generally better, when the second is attacked. Whenever they are both affected at once, the pain and the anguish of the patient are very considerable.

The fever, is sometimes very high; and the shivering often endures for many hours. It is succeeded by considerable heat, and a violent head-ach, which yet is sometimes attended with a drowsiness. The fever is commonly pretty high in the evening, and by the morning perhaps there is none at all.

§ 78. It has never happened, within my knowledge, that this sort of the disease, prudently treated, has terminated either in a mortification, or a scirrhus: but I have been a witness to either of these supervening, when sweating was extorted in the beginning of it by hot medicines.

§ 79. The treatment of the quinsey, as well as of

of all other inflammatory diſeaſes, is the ſame with that of an inflammation of the breaſt*.

The ſick is immediately to be put upon a regimen; and in that ſort of quinſey deſcribed § 75, bleeding muſt be repeated four or five times within a few hours; and ſometimes there is a neceſſity to recur ſtill oftener to it. When it aſſaults the patient in the moſt vehement degree, all medicines are generally ineffectual; they ſhould be tried however. We ſhould give as much as can be taken of the drinks No. 2, and 4. But as the quantity they are able to ſwallow is often very inconſiderable, the clyſter No. 5, ſhould be repeated every three hours; and their legs ſhould be put into a bath of warm water, thrice a day.

§ 80. Cupping-glaſſes, with ſcarification, applied about the neck, after bleeding twice or thrice, have often been experienced to be highly uſeful. In the moſt deſperate caſes, when the neck is exceſſively ſwelled, one or two deep inciſions made with a razor, on this external tumour, have ſometimes ſaved a patient's life.

§ 81. In that kind deſcribed § 77, we muſt have very frequent recourſe to bleeding: and it ſhould never be omitted when the pulſe is hard and full. It is of the utmoſt conſequence to do it inſtantly, ſince it is the only means to prevent the abſceſs, which forms very readily, if bleeding has been neglected, only for a few hours. Sometimes it is neceſſary to repeat it a ſecond time, but very rarely a third.

This diſeaſe is frequently ſo gentle and mild, as to be cured without bleeding, by good management; eſpecially if the patient drinks plentifully of the Ptiſan, No. 2.

Beſides the general remedies againſt inflammations, a few particular ones, calculated only for this diſeaſe, may be applied in each kind of it. The beſt are, firſt the emollient poultices, No. 9, laid over the whole neck.*

† And accordingly it is almoſt cured in ten hours, by a poultice of boiled nettles.

* The Engliſh avail themſelves conſiderably, in this diſeaſe, of a mixture compoſed of equal parts of ſallad-oil, and the ſpirit of

and

2. Of the gargariſms (No. 19) a great variety may be prepared of equal efficacy. Thoſe I direct here are what have ſucceeded beſt with me, and they are very ſimple.†

3. The ſteam of hot water, ſhould be repeated five or ſix times a day; a poultice ſhould be conſtantly kept on, and often renewed; and the patient ſhould frequently gargle.

There are ſome perſons, who cannot gargle themſelves: and the pain occaſioned by it makes it the more difficult. In ſuch a caſe, inſtead of gargling, the ſame gargariſm (No. 19.) may be injected with a ſyringe. The injection reaches further than gargling, and often cauſes the patient to hawk up a conſiderable quantity of glary matter to his ſenſible relief. This injection ſhould be often repeated. The patient ſhould breathe out, rather than inſpire, during the injection.

§ 82. Whenever the diſeaſe terminates without ſuppuration, the fever, the head-ach, the heat in the throat, and the pain in ſwallowing, begin to abate from the fourth day, ſometimes from the third, often only from the fifth; and from ſuch period that abatement increaſes: ſo that on the ſixth, ſeventh, or eighth, the patient is entirely well.

§ 83. If the inflammation does not diſperſe, ſo that an abſceſs is forming; then the ſymptoms attending the fever continue, though raging a little leſs after the fourth day: the throat continues red: a pain alſo continues, though leſs acute. The pulſe commonly grows a little ſofter; and, on the fifth or ſixth day, and ſometimes ſooner, the

Sal Ammoniac; or of oil and ſpirits of hartſhorn, as a liniment and application round the neck. This remedy deſerves, perhaps, the firſt place amongſt local applications againſt the inflammatory quinſey.

† Dr. Pringle is apprehenſive of ſome ill effects from acids in gargariſms (which is probably from their ſuppoſed repelling property) and prefers a decoction of figs in milk and water, to which he adds a ſmall quantity of ſpirit of Sal Ammoniac.

the abſceſs is ready to break. This may be diſcovered by the appearance of a ſmall white and ſoft tumour, when the mouth is open, which commonly appears about the middle of the inflammation. It burſts of itſelf: or, ſhould it not, it muſt be opened. The patient ſhould gargle himſelf after the diſcharge of it with the cleanſing gargariſm No. 19.

§ 84. Frequently the matter is not collected exactly in the place where the inflammation appeared, but in ſome leſs viſible place: whence a facility of ſwallowing is reſtored, the fever abates, the patient ſleeps, and imagines he is cured. But the following ſigns may enable him to diſcover that there is an abſceſs; a certain inquietude and general uneaſineſs, a pain throughout the mouth; ſome ſhiverings from time to time, frequently ſharp, but ſhort and tranſient heat; a ſenſation of thickneſs and heavineſs in the tongue, ſmall white eruptions on the gums, on the inſide of the cheek, on the inſide and outſide of the lips, and a diſagreeable taſte and odour.

§ 85. In ſuch caſes milk or warm water ſhould frequently be retained in the mouth, the vapour of hot water ſhould be conveyed into it, and cataplaſms applied about the neck. All theſe concur to the ſoftening and breaking of the abſceſs. The finger may be alſo introduced to feel for its ſituation, and, when diſcovered, the ſurgeon may eaſily open it. I happened once to break one under my finger, without making the leaſt effort to do it. Warm water may be injected pretty forcibly, either by the mouth or the noſtrils: this ſometimes occaſions a kind of cough, which breaks it. I have ſeen this happen even from laughing.

§ 86. Diſorders of the throat are, with reſpect to particular perſons, an habitual diſeaſe, returning every year, or oftener. They may be prevented by the ſame means which I have directed for the preſervation from habitual pleuriſies, § 73; and by

by defending the head and the neck from the cold eſpecially after being heated by any violent exerciſe, or even by ſinging long and loud, which may be conſidered as an extraordinary exerciſe of ſome of the parts affected in this diſeaſe.

CHAP. VI.

Of COLDS.

SECT. 87.

THERE are many prejudices, with regard to colds, which may be attended with pernicious conſequences. The firſt is, that a cold is never dangerous: an error which deſtroys the lives of many. *Colds deſtroy more than plagues*, was the anſwer of an experienced phyſician to one of his friends, who, being aſked how he was, replied, "Very well, I have nothing but a cold."

A ſecond prejudice is, that colds require no medicines, and laſt the longer for being nurſed. Colds like other diſorders have their proper remedies; and are removed with more or leſs facility, as they are conducted better or worſe.

§ 88. A third miſtake is, that they are not only not dangerous, but even wholeſome too. Not ſo. A cold conſtantly produces ſome diſorder in the functions of ſome part of the body, and thus becomes the cauſe of a diſeaſe. It is indeed a real diſorder itſelf, and when violent, makes a very perceivable aſſault upon the whole machine. Colds, with their deſluctions, conſiderably weaken the breaſt, and ſooner or later conſiderably impair the health. Perſons ſubject to frequent colds are never ſtrong; they often ſink into languid diſorders; and a frequent aptitude to take cold is a proof, that their perſpiration may be eaſily checked; whence the lungs become oppreſſed and

and obſtructed, which muſt always be attended with danger.

A cold in truth is almoſt conſtantly an inflammatory diſeaſe, a light inflammation of the lungs, of the throat, or of the membrane which lines the noſtrils, and the inſide of certain cavities in the bones of the cheeks and forehead. Theſe cavities communicate with the noſe, in ſuch a manner, that when one part of this membrane is affected with an inflammation; it is eaſily communicated to the other parts.

§ 89. Colds are of no certain continuance. Thoſe of the head generally laſt but a few days, of the breaſt longer. Some terminate in four or five days. If they extend beyond this term they prove hurtful. 1. Becauſe the violence of the cough diſorders the whole machine; particularly, by forcing the blood up to the head. 2. By depriving the perſon afflicted of his uſual ſleep. 3. By impairing the appetite, and confuſing the digeſtion. 4. By weakening the lungs, through the continual coughing; whence all the humours, being gradually determined towards them, as the weakeſt part, a continual cough ſubſiſts. Hence alſo they become overcharged with humours, which grow viſcid there, the reſpiration is overloaded, a ſlow fever appears, nutrition almoſt ceaſes; the patient becomes weak; ſinks into a waſting; and often dies in a ſhort time.

§ 90. Wherefore, ſince a cold is a diſeaſe of the ſame kind with quinſies, and inflammations of the breaſt, it ought to be treated in the ſame manner. The drinks No. 1, 2, 3, 4, ſhould be very plentifully uſed. It is advantageous to bathe the feet in warm water every night at going to bed.* In a word, if the patient is put into a regimen, the cure is very ſpeedily effected.

§ 91. The diſorder indeed is often ſo ſlight, that it may be eaſily cured without any phyſic, by abſtaining from fleſh, broth and wine: from

* It frequently happens, that the bathings alone remove the head-ach and the cough too.

all food that is ſharp, fat and heavy; and by dieting upon bread, pulſe, fruit, and water; particularly by eating little or no ſupper; and drinking, if thirſty, a ſimple ptiſan of barley, with the addition of a third or fourth part of milk. Bathing the feet, and the powder No. 20, contribute to diſpoſe the patient to ſleep.

§ 92. In colds of the head, the ſteam of warm water alone, or that in which elder-flowers, or ſome other mild aromatic herbs have been boiled, commonly afford a ſpeedy relief. Theſe are alſo ſerviceable in colds fallen on the breaſt.

It has been a practice, though of no very long ſtanding, to give the fat of a whale in theſe caſes; but this is a very crude indigeſtible kind of fat, and ſuch oily medicines ſeldom agree with colds. Beſides, this is very diſagreeable and rancid; ſo that it were better to forbear uſing it: I have ſometimes ſeen ill effects from it, and rarely any good ones.

§ 93. Such perſons as abate nothing of the uſual quantity of their food, when ſeized with a cold, and who ſwallow large quantities of hot water, ruin their health. Their digeſtion ceaſes; the cough begins to affect the ſtomach, without ceaſing to afflict the breaſt.

Drams agree ſo little with colds, that frequently a very ſmall quantity of them revives a cold that was juſt expiring. There are ſome perſons who never drink them without taking cold, which is not to be wondered at, as they occaſion a light inflammation in the breaſt, which is equivalent to a cold or diſtillation.

Nevertheleſs, people in this diſorder ſhould not expoſe themſelves to violent cold weather; though they ſhould equally guard againſt exceſſive heat. Thoſe who incloſe themſelves in very hot rooms, never get quite cured; and how is it poſſible they ſhould? Such rooms abſtracted from the danger of coming out of them produce colds in the ſame manner that drams do, by producing a light inflammation in the breaſt.

§ 94. Perſon

§ 94. Perſons ſubject to frequent colds imagine, they ought to keep themſelves very hot. This is an error that thoroughly deſtroys their health. Such a diſpoſition to take cold ariſes from two cauſes, either becauſe their perſpiration is eaſily impaired, or from the weakneſs of the ſtomach or the lungs. When the complaint ariſes from the perſpiration's being eaſily leſſened, the hotter they keep themſelves, they increaſe their complaint the more. This warm air weakens the whole machine, and more particularly the lungs, where the humours finding leſs reſiſtance, are continually derived and accumulated there. The ſkin conſtantly bathed in a ſmall ſweat, becomes relaxed, ſoft and incapable of completing its functions: from which failure the ſlighteſt cauſe produces a total obſtruction of perſpiration; and a multitude of languid diſorders.

The patients redouble their precautions againſt the cold, or even the coolneſs of the air, while their cautions are ſo many effectual means to weaken their health; and the more certainly, as their dread of the free air ſubjects them to a ſedentary life, which increaſes all their ſymptoms; while the hot drinks they indulge in, complete their ſeverity. There is but one method to cure people thus ſituated; that is, by accuſtoming them gradually to the air; to keep them out of hot chambers; to leſſen their cloathing by degrees, to make them ſleep cool, and to let them eat or drink nothing but what is cold. To make them uſe much exerciſe; and, finally, if the diſorder be inveterate, to make them uſe the cold bath. This method ſucceeds equally too with thoſe in whom the diſeaſe originally depended on a weakneſs of the ſtomach, or of the lungs: and in fact, at the end of a certain period, theſe three cauſes are always combined.

CHAP. VIII.

Of the Diſeaſes of the TEETH.

SECT. 95.

THE diſeaſes of the teeth depend on three principle cauſes. 1. On a *caries* or rottenneſs of the teeth. 2. On an inflammation of the nerves of the teeth, or of the membrane which covers them; and which affects the membrane of the gums. 3. A cold humour that falls on the teeth, and their nerves and membranes.

In the firſt of theſe caſes, the *caries*, having eat down to, and expoſed the naked nerve, the air, food, and drink irritate it; and this irritation is attended with pain.

Here a little oil of cloves may be applied, by introducing a ſmall pellet of cotten, dipt in it, to the rotten hollow tooth; which often affords conſiderable eaſe. Some make uſe of a tincture of opium, or laudanum, after the ſame manner; and indeed theſe two medicines may be uſed together in equal quantities. A gargariſm made of ſilverweed or wild tanſey, in water, frequently appeaſes the pain: and in ſuch caſes many people have found themſelves at eaſe, under a conſtant uſe of it. It certainly is an application that cannot hurt, and is even beneficial to the gums. Others have been relieved by rubbing their cheek with honey.

§ 96. The ſecond cauſe in the inflammation of the nerve within the ſubſtance, or of the membrane on the outſide of the tooth. They who are young, ſanguine, who heat themſelves much, whether by labour, by their food, their drink, by ſitting up late, or by any other exceſs: they who have been accuſtomed to any eruptions of blood, whether natural or artificial, and ceaſe to have them

them as uſual, are much expoſed to the tooth-ach, from this cauſe.

This pain commonly happens very ſuddenly. The pulſe is ſtrong and full, the countenance conſiderably red, the mouth extremely hot: there is often a pretty high fever, and a violent head-ach. The gums, or ſome part of them, become inflamed, ſwelled, and ſometimes an abſceſs appears. At other times, the humours throw themſelves upon the more external parts, the cheek ſwells, and the pain abates.

§ 97. In this ſpecies of the diſeaſe, we muſt have recourſe to the general method of treating inflammatory diſorders, and direct bleeding, which often produces immediate eaſe, if performed early. After bleeding, the patient ſhould gargle with barley water, or milk and water; and apply an emollient cataplaſm to the cheek. If a little impoſthume appears, the ripening of it is to be promoted, by holding continually in the mouth ſome hot milk, or figs boiled in milk: and as ſoon as ever it ſeems ripe, it ſhould be opened, which may be done eaſily, and without any pain. Otherwiſe he ſhould bathe his feet in warm water for ſome evenings ſucceſſively, taking one doſe of the powder No. 20. Entire abſtinence from wine and fleſh, eſpecially at night, has cured ſeveral perſons of inveterate maladies of the teeth.

In this ſpecies of tooth-ach, all hot remedies are pernicious, and are ſo far from producing the relief expected, that they aggravate the pain.

§ 98. When the diſeaſe riſes from a cold humour, it is commonly attended with leſs violent ſymptoms. The pulſe is neither ſtrong, full, nor quick; the mouth is leſs heated, and leſs ſwelled. In ſuch caſes, the afflicted ſhould be purged with the powder No. 21, which has ſometimes perfectly cured very obſtinate complaints. After purging they ſhould make uſe of the diet-drink No. 22. This has cured tooth-achs, which have baffled other attempts for many years; but it muſt be

added, this drink would be hurtful in the diſeaſe from a different cauſe.

§ 99. As this laſt cauſe is often the conſequence of a weakneſs in the ſtomach. There is a neceſſity that ſuch perſons ſhould make uſe of ſuch medicines as are proper to ſtrengthen the ſtomach. The powder No. 14. has often produced the beſt conſequences, when I have ordered it in theſe caſes; and it never fails to diſſipate that tooth-ach very ſpeedily, which returns periodically at ſtated days and hours. I have alſo cured ſome perſons who never drank wine, by adviſing them to the uſe of it.

§ 100. But beſides the diſeaſes of the teeth, that are owing to theſe cauſes, there are ſome that are occaſioned by a ſharpneſs of the blood, and which are never cured by any other medicines but ſuch as correct that acrimony. When it is of a ſcorbutic nature, the wild horſe-radiſh, pepperwort, water creſſes, brooklime, ſorrel, and wood-ſorrel cure it.

The rheumatiſm and the gout are ſometimes transferred to the teeth, and give riſe to the moſt excruciating pains, which muſt be treated like the diſeaſes from which they ariſe.

§ 101. From what has been ſaid, the reader will diſcern why an application, that relieves one perſon in it, affords not the leaſt relief to another.

The diſeaſes of the teeth, as well as other diſeaſes, ariſe from different cauſes; and if theſe cauſes are not oppoſed by medicines ſuited to them, the diſeaſe, far from being cured, is aggravated.

I have cured violent tooth-achs of the lower jaw, by applying a plaiſter of meal, the white of an egg, brandy and maſtich, at the corner of that jaw, over the ſpot where the pulſation of the artery may be perceived: and I have alſo mitigated the moſt excruciating pains of the head, by applying the ſame plaiſter upon the temporal artery.

CHAP.

CHAP. IX.

Of the APOPLEXY.

SECT. 102.

AN *Apoplexy* is a ſudden loſs of all ſenſe, and of all voluntary motion; the pulſe at the ſame time being kept up, but reſpiration being oppreſſed.

This diſeaſe is diſtinguiſhed into two kinds, the ſanguineous and ſerous apoplexy. Each of them reſults from an overfulneſs of the blood-veſſels of the brain, which preſſes upon the nerves. The difference conſiſts in this, that the ſanguineous apoplexy prevails among ſtrong robuſt perſons, who have a rich and inflammable blood, and that in a large quantity. The ſerous apoplexy, invades perſons of a leſs robuſt conſtitution, whoſe blood is more dilute or watery, and whoſe veſſels are in a more relaxed ſtate.

§ 103. When the firſt kind of this diſeaſe exiſts in its moſt violent degree, it kills inſtantaneouſly. When the aſſault is leſs violent, and we find the patient with a ſtrong full pulſe, his viſage red and bloated, and his neck ſwelled up, with an oppreſſed, and loud hoarſe reſpiration, being ſenſible of nothing, and capable of no other motions, except ſome effort to vomit, the caſe is not equally deſperate. We muſt therefore immediately,

1. Entirely uncover the patient's head, covering the reſt of his body but very lightly, procure him inſtantly very freſh, free air, and leave his neck quite unbound and open.

2. His head ſhould be placed as high as may be, with his feet hanging down.

3. He muſt loſe from twelve to ſixteen ounces of blood, from a free open orifice in the arm: the ſtrength or violence with which the blood flows out, ſhould determine the ſurgeon to take a few ounces more or leſs. It ſhould be repeated to the third or fourth time, within the ſpace of three or

four hours, if the ſymptoms require it, either in the arm, or in the foot.

4. A clyſter ſhould be given of a decoction of the firſt opening herbs that can be got, with four ſpoonfuls of oil, and one ſpoonful of ſalt; and this ſhould be repeated every three hours.

5. If it is poſſible, he ſhould force himſelf to ſwallow water plentifully, in three pints of which three drams of nitre are diſſolved.

6. As ſoon as the violence of the pulſe abates, when his breathing becomes leſs difficult, and his countenance leſs inflamed, he ſhould take the decoction No. 23; or, if it cannot be got in time, three quarters of an ounce of cream of tartar, and drink whey plentifully after it. This medicine ſucceeded extremely well with me in a caſe where I could not really procure any other.

7. He ſhould abſtain from all ſtrong liquor, wine, diſtilled ſpirits, whether inwardly or by outward application, and ſhould even avoid ſmelling them.

8. He ſhould not be ſtirred nor even touched, as little as poſſible: every thing muſt be avoided that creates the leaſt agitation. This advice I am ſenſible, is directly oppoſite to the common practice: notwithſtanding which, it is founded on reaſon, and approved by experience. In fact, the whole evil reſults from the blood being forced up in too great a quantity, to the brain. Now ſtrong liquors, wines, ſpirits, volatile ſalts, all agitation and frictions, increaſe the embarraſſment of the brain: whereas, every thing that calms the circulation, contributes to relieve it.

9. Strong ligatures ſhould be made about the thighs under the ham: by this means the blood is prevented in its aſcent from the legs, and leſs is carried up to the head.

§ 104. When nature and art effect his recovery, his ſenſes return: though there frequently remains a little *delirium* for ſome time; and frequently a paralytic defect, more or leſs, of the tongue,

tongue, the arm, the leg, and the muſcles of the ſame ſide of the face. This palſy ſometimes goes off gradually, by the help of cooling purgatives, and light diet. All hot medicines are extremely hurtful in this caſe, and may open the way to a repeated attack. A vomit might be even fatal, and has been more than once ſo.

§ 105. The other ſpecies of apoplexy is attended with the like ſymptoms, excepting the pulſe not being ſo high or ſtrong; the countenance is alſo leſs red, ſometimes the ſick have a facility to vomit.

As this kind of the diſorder attacks perſons who abound leſs in blood, bleeding is not often neceſſary; the repetition of it is ſcarcely ever ſo: and ſhould the pulſe have but a ſmall fullneſs, and not the leaſt unnatural hardneſs, it might even be pernicious.

1. The patient however ſhould be placed as was directed in the former ſection.

2. He ſhould receive a clyſter, but without oil, with double the quantity of ſalt, and a bit of ſoap of the ſize of a ſmall egg. It may be repeated twice a day.

3. He ſhould be purged with the powder, No. 24. †

4. His common drink may be a ſtrong infuſion of leaves of balm.

5. The purge ſhould be repeated the third day,

6. Bliſters ſhould immediately be applied to the fleſhy part of the legs, or between the ſhoulder blades.

† Vomits which are ſo pernicious in the ſanguineous apoplexy, where the patient's countenance and eyes are inflamed: and which are alſo dangerous or uſeleſs, when a perſon has been moderate in his meals, or is weak, are nevertheleſs very proper for groſs feeders, more eſpecially, if ſuch a one has a habit of indulging himſelf exceſſively. And vomits are extraordinary for apoplexies occaſioned by any ſtupifying poiſons. In theſe two laſt caſes, a double doſe of tartar emetic ſhould be diſſolved in a cup of water, of which the patient ſhould immediately take a large ſpoonful; which ſhould be repeated every quarter of an hour, until it operates.

7. Should nature ſeem diſpoſed to relieve herſelf by ſweating, it ſhould be encouraged: and I have often known an infuſion of the *carduus benedictus*, produce this effect very ſucceſsfully. If this method be entered upon, the ſweat ought to be kept up (without ſtirring, if poſſible) for many days. It has then ſometimes happened, that at the end of nine days the patient has been totally freed from the palſy, which commonly ſucceeds this ſpecies of the apoplexy.

§ 106. Perſons who have been attacked with either kinds of this diſorder, are liable to ſubſequent ones; each of which is more dangerous than that preceding: whence an endeavour to prevent ſuch relapſes, becomes of the utmoſt importance. This is to be effected by a very exact diet, diminiſhing the uſual quantity of food; the moſt eſſential precaution to be obſerved by any who have been once aſſaulted with it, being entirely to leave off ſuppers. Indeed thoſe who have been once attacked with the *ſanguineous apoplexies*, ſhould be ſtill more exact than the others. They ſhould deny themſelves whatever is rich and juicy, hot or aromatic, wine, diſtilled liquors and coffee. They ſhould chiefly confine themſelves to garden-ſtuff, fruits, and acids; ſhould eat but little fleſh, and only thoſe called white; taking every week two or three doſes of the powder, No. 24, in a morning faſting, in a glaſs of water. They ſhould be purged twice or thrice a year with the draught, No. 23. uſe daily exerciſe; avoid hot rooms, and the violent heat of the ſun. They ſhould go to bed betimes, riſe early, never lie in bed above ſeven or eight hours: and if it is obſerved that their blood increaſes conſiderably, and has a tendency towards the head, they ſhould be bled without heſitation, and for ſome time confine themſelves entirely to a thin and low regimen. In theſe circumſtances, warm bathings are pernicious. In the other, the ſerous apoplexy, inſtead of purging with No. 23. the patient ſhould take the purge No. 21.

§ 103. The

§ 108. The ſame means, that are proper to prevent a relapſe, might keep off a firſt aſſault, if employed in time: for notwithſtanding it may happen ſuddenly, yet this diſeaſe foreſhews itſelf many weeks, ſometimes months, nay even years before hand, by vertigos, heavineſs of the head; ſmall defects of the tongue or ſpeech; momentary palſies, ſometimes of one, ſometimes of another part; ſometimes by loathings and reachings to vomit; without any obſtruction in the firſt paſſages, or any other cauſe in the ſtomach. There happens alſo ſome particular change in the looks not eaſy to be deſcribed; ſharp and quick pains about the region of the heart; an abatement of the ſtrength, without any diſcernible cauſe.

Some perſons are liable to certain ſymptoms which ariſe from the ſame cauſe as an apoplexy; and which indeed may be conſidered as light apoplexies, of which they ſuſtain many attacks, yet without any conſiderable annoyance. The blood, all at once, as it were, ruſhes up to their head: they appear heedleſs or blundering, and have ſometimes diſguſts and *nauſeas*, and yet without any abatement of their ſenſes, or motion of any kind. Tranquility of mind and body, once bleeding and a few clyſters, uſually carry this off ſoon after its invaſion. The returns of it may be prevented by the above regimen, and eſpecially by a frequent uſe of the powder No. 24. Otherwiſe one of theſe commonly degenerates into a mortal apoplexy.

CHAP.

CHAP. X.

Of the violent influence, or ſtrokes of the Sun.

SECT. 108.

IF we conſider that word, ſtone and metals, when long expoſed to the ſun, become ſo hot that they can ſcarcely be touched without a ſenſation of burning, we may eaſily conceive the danger a perſon undergoes, in having his head expoſed to the ſame degree of heat. The blood-veſſels grow dry, the blood itſelf is thickened, and a real inflammation is formed. The ſigns of it are a violent head-ach, attended with a very hot and dry ſkin; the eyes are dry and red, being neither able to remain open, nor yet to bear the light; and ſometimes there is a kind of involuntary motion in the eye-lid; while ſome degree of relief is perceivable from the application of any cooling liquor. Some cannot poſſibly ſleep; yet at other times they have a great drowſineſs, but attended with violent wakenings: there is a very ſtrong fever; a great faintneſs, and a total diſreliſh and loathing.

§ 109. People may be affected thus, either in the ſpring, or during the raging heats. Country people are little liable to the former. They chiefly affect the inhabitants of cities, and delicate perſons, who have uſed little labour in the winter, and abound with ſuperfluous humours. If, thus circumſtanced, they expoſe themſelves to the ſun, even in the ſpring, it acts upon their head like a bliſter, attracting a great quantity of humours to it. This produces tormenting pains of the head, frequently attended with quick and violent ſhootings, and with pains in the eyes; notwithſtanding, this degree of the malady is ſeldom dangerous. The ſummer ſtrokes are much more troubleſome

to

to labourers and travellers, who are long expoſed to them. Then it is that thoſe who are thus ſtruck often die upon the ſpot. In the hot climates this cauſe deſtroys many in the very ſtreets, and makes dreadful havoc among armies on the march. After having marched a whole day in the ſun, a man ſhall fall into a lethargy, and die within ſome hours, with the ſymptoms of raving madneſs. I have ſeen a tyler in a very hot day, complain to his comrade of a violent pain in his head: and at the inſtant he propoſed to retire out of the ſun, he ſunk down dead. This ſame cauſe produces often ſome moſt dangerous phrenzies.

§ 110. The vehemence of the ſun is ſtill more dangerous to thoſe, who venture to ſleep expoſed to it. Two mowers, who fell aſleep on a hay-cock, being wakened by ſome others, immediately ſtaggered, and, pronouncing a few incoherent words, died. When the violence of wine and that of the ſun are combined, they kill very ſuddenly. And thoſe who eſcape death, are ſubject, for the remainder of their lives, to chronical head-achs. It has alſo been known that ſome perſons have been ſtruck into a delirium without a fever, and without complaining of a head-ach. Sometimes a *Gutta ſerena* has been the conſequence.

§ 111. In very young children, who never ſhould be expoſed long to exceſſive heat, this malady diſcovers itſelf by a deep drowſineſs, which laſts for ſeveral days: alſo by ravings mingled with rage and terror, much the ſame as when they are affected with violent fear: and ſometimes by convulſive twitchings; by head-achs which return at certain periods, and continual vomitings.

§ 112. Old men, who often expoſe themſelves to the ſun, are little apprized of the danger. This cuſtom (in hot weather) certainly diſpoſes to an apoplexy, and to diſorders of the head. One of the ſlighteſt effects of much ſolar heat upon

upon the head is, to cauſe a deſluction of th brain, a ſwelling of the glands of the neck, and dryneſs of the eyes, which ſometimes continu for a conſiderable term.

§ 113. The effect of too much common fire of the ſame quality with that of the ſun. A ma who fell aſleep with his head directly oppoſite t the fire, went off in an apoplexy, during hi nap.

§ 114. The action of too violent a ſun is no only pernicious to the head, but to other parts and thoſe who continue long expoſed to it, though their heads ſhould not be affected, often experience, a diſagreeable ſenſation of heat, and a conſiderable ſtiffneſs in the parts that have been parched by it ; as in the legs, the knees, the thighs, reins and arms ; and ſometimes they prove feveriſh.

§ 115. It is neceſſary to ſet about the cure of this diſorder, as ſoon as may be: for ſuch as might have been eaſily preſerved by an early application, are conſiderably endangered by a neglect of it. The method of treating this is very much the ſame with that of inflammatory diſeaſes; that is, by cooling medicines of various kinds. And 1. If the diſeaſe be very urgent, a large quantity of blood ſhould be taken away. *Lewis* XIV. was bled nine times to prevent the fatality of a ſtroke of the ſun, which he received in hunting, in 1658.

2. After bleeding, the patient's legs ſhould be plunged into warm water. This affords the moſt ſpeedy relief. When the diſorder is highly dangerous, it will be neceſſary to treat the patient with warm baths, in which he may ſit up to the hips ; and in the moſt dangerous degrees of it, even to bathe the whole body : but the water ſhould be only ſenſibly warm : the uſe of hot water would be highly pernicious.

3. The patient ſhould drink plentifully of lemonade, which is a mixture of the juice of lemons and water, (and is the beſt drink in this diſorder)

diſorder) of water and vinegar which is a very good ſubſtitute for lemonade; or of very clear whey, with the addition of a little vinegar. Theſe various drinks may all be taken cold; linen cloths dipt in cold water may be applied to the forehead, the temples, or all over the head.

Cold baths have ſometimes recovered perſons out of violent ſymptoms, from this cauſe.

An Officer who had rode poſt for ſeveral days ſucceſſively, in very hot weather, ſwooned away, immediately on his diſmounting: from which he could not be recovered by the ordinary aſſiſtance uſed in ſuch caſes. He was ſaved by being plunged into a bath of freezing water. It ſhould be obſerved however, that in theſe caſes, the cold bath ſhould never be recurred to without previous bleeding.

116. It is paſt doubt, that if a perſon ſtands ſtill in the heat of the ſun, he is more liable to be ſtruck with it, than if he walks about; and the uſe of white hats, or of ſome folds of clean white paper under a black one, may contribute to prevent any injury from it.

CHAP. XI.

Of the RHEUMATISM.

SECT. 117.

THE Rheumatiſm may exiſt either with or without a fever. The firſt is preceded by a ſhivering, a ſubſequent heat, hard pulſe, and a head-ach. Sometimes indeed an extraordinary coldneſs, with general uneaſineſs, exiſts ſeveral days before the fever is perceived. On the ſecond or third day, and ſometimes on the firſt, the patient is ſeized with a violent pain in ſome part of his body, but eſpecially about the joints, which prevents their motion, and is often accompanied with heat, redneſs and ſwelling. The

knee

knee is often the firſt part attacked, and ſometimes both the knees at once. When the pain is fixed, an abatement of the fever frequently happens; though in ſome it continues ſeveral days, and increaſes every evening. The pain diminiſhes in one part after a duration of ſome days, and then invades ſome other. Sometimes one part is quite free from pain, when another is attacked; at other times many parts are ſeized nearly at the ſame inſtant; and I have ſometimes ſeen every joint afflicted at once. In this caſe the patient is in a terrible ſituation, being incapable of any motion, and even dreading the aſſiſtance of his attendants, as he can ſcarcely admit of touching. The parts in which the pains are the moſt tormenting and obſtinate are the region of the loins, the hips, and the nape of the neck.

§ 118. This diſeaſe is often extended over the ſcalp and the ſurface of the head: and there the pains are exceſſive. I have ſeen them affect the eyelids and the teeth, with inexpreſſible torment. As long as the diſtemper is ſituated in the external parts, the patient is in no great danger, if he be properly treated: but if the diſeaſe be repelled upon an internal part, his caſe is extremely dangerous. If the brain is attacked, a raging *delirium* is the conſequence; if it falls upon the lungs, the patient is ſuffocated: and if it attacks the ſtomach or bowels, it is attended with the moſt aſtoniſhing pains, cauſed by the inflammation, which if violent, is ſpeedily fatal.

§ 119. An obſtructed perſpiration, and an inflammatory thickneſs of the blood, conſtitute the general cauſe of the rheumatiſm. This laſt cauſe is that we muſt immediately encounter; ſince, as long as that ſubſiſts, perſpiration cannot be perfectly re-eſtabliſhed.

As ſoon as it is ſufficiently manifeſt, twelve ounces of blood ſhould be taken from the arm. The patient is to enter upon a regimen, and drink plentifully of the ptiſan, No. 2, and of very clear whey, ſweetened with a little honey. I have

known

known a very ſevere rheumatiſm cured, after twice bleeding, without any other food or medicine, for the ſpace of thirteen days.

§ 120. If the diſtemper is not conſiderably aſſuaged by the firſt bleeding, it ſhould be repeated ſome hours after. I have ordered it four times within the firſt two days: and ſome days after, I even directed a fifth bleeding. But in general, the hardneſs of the pulſe becomes leſs after the ſecond: and notwithſtanding the pains may continue, yet the patient is ſenſible of leſs inquietude. If the patient diſlikes a clyſter, his drinks ſhould be made as opening as poſſible; and a doſe of the cream of Tartar, No. 24, ſhould be given night and morning. This very medicine with the aſſiſtance of whey cured two perſons I adviſed it to, of rheumatic pains, of which they had been infeſted, with frequent returns, for many years.

Apples coddled, prunes ſtewed, and well-ripened ſummer-fruits, are the propereſt nouriſhment in this diſorder.

We may ſave the ſick a great deal of pain, by putting one ſtrong towel always under their back, and another under their thighs, in order to move them the more eaſily. When their hands are without pain, a third towel hung upon a cord which is faſtened acroſs the bed, will aſſiſt them in moving themſelves.

§ 121. When the fever entirely diſappears, and the hardneſs of the pulſe is removed, I have ordered the purge, No. 23, with good effect; and if it is attended with five or ſix motions, the patient is ſenſibly relieved. The day but one after it may be repeated, and a third time, after an interval of two or three weeks.

§ 122. When the pains are extremely violent, they admit of no application: vapour-baths, however, may be employed, and provided they are often uſed, and for a conſiderable time, they prove very efficacious. The purpoſe of theſe baths is to convey the ſteam of boiling water to the

the parts affected, which may always be effected by a variety of eafy contrivances: the choice of which muft depend on the different circumftances and fituation of the fick.

Whenever it is poffible, fome of the emollient applications. No. 9. fhould be continually employed. A bath of warm water, in which the patient fhould remain an hour, after fufficient bleedings, affords the greateft relief. I have feen a patient, under the moft acute pains of the loins, of the hips, and of one knee, put into one. He continued ftill under extreme torment in the bath, and on being taken out of it; but an hour after he had been put to bed, he fweated to an incredible quantity, for thirty-fix hours, and was cured. But the bath fhould not be made ufe of, until after repeated bleedings, or other equivalent evacuations.

The pains are generally moft fevere in the night; whence it has been ufual to give compofing medicines. But opiates augment the caufe of the difeafe, and deftroy the efficacy of the proper remedies.

§ 123. The rheumatifm goes off either by ftool, by turbid thick urine, which drops a yellow fediment, or by fweats: and it generally happens, that this laft difcharge prevails towards the conclufion of the difeafe. It may be kept up by drinking an infufion of elder-flowers. At the beginning, fweating is pernicious.

It happens alfo, though feldom, that rheumatifms determine by depofiting a fharp humour upon the legs; where it forms a kind of blifters, which burft open, and form ulcers. But they heal naturally of themfelves, by a regular diet, and a few gentle purges.

Sometimes again, an abfcefs is formed either in the affected part, or in fome adjoining one.

Another crifis of the rheumatifm has happened by a kind of an itch, which breaks out on the parts adjacent to the feat of this diftemper. Immediately after this eruption, the pains vanifh: but

but the puſtules ſometimes continue for ſeveral weeks.

§ 124. I have never obſerved the pains to laſt, with violence, above fourteen days; though there remains a weakneſs, numbneſs, and ſome inflation, of the adjoining parts; and it will be many weeks, ſometimes months; eſpecially in the fall, before the ſick recover their ſtrength. I have known ſome perſons, who, after a very painful rheumatiſm, have been troubled with a very diſagreeable laſſitude, which did not go off till after a great eruption, all over the body, of little bliſters, full of watery humour: many of them burſt, and others withered and dried up without burſting.

The return of ſtrength into the parts affected, may be promoted by frictions night and morning, with flannel; by uſing exerciſe; and by conforming exactly to the directions given in the chapter on recovery from acute diſeaſes. The rheumatiſm may alſo be prevented by the means I have pointed out, in treating of pleuriſies and quinſies.

§ 125. Sometimes the rheumatiſm, with a fever, invades perſons who are not abounding in blood; whoſe fleſh and fibres are ſofter; and in whoſe humours there is more thinneſs and ſharpneſs. Bleeding proves leſs neceſſary for theſe though the fever ſhould be very ſtrong. Some conſtitutions require more diſcharges by ſtool; and after they are properly evacuated, bliſters may be applied, unleſs where the pulſe is hard. The powder No. 25, anſwers very well in theſe caſes.

§ 126. There is another kind of rheumatiſm, called *Chronical*. It is known by the following marks. 1. It is commonly unattended with a fever. 2. It continues a long time. 3. It ſeldom attacks many parts at once. 4. Frequently the affected part, is neither more hot, nor ſwelled, than in its healthy ſtate; though ſometimes it is. 5. The former attacks ſtrong robuſt perſons: this

rather

rather invades perſons arrived at a certain period of life, or ſuch as are weak and languiſhing.

§ 127. The pain of the chronical rheumatiſm, when injudiciouſly treated, laſts ſometimes many months, and even years. It is particularly obſtinate, when it falls on the head, the loins, or on the hip, and along the thighs, when it is called the *ſciatica*. There is no part indeed, which this pain may not invade: ſometimes it fixes itſelf in a ſmall ſpot as in one corner of the head, the angle of the jaw, the extremity of a finger, in one knee, on one rib, or on the breaſt, where it often excites pains, which make the patient apprehenſive of a cancer. It penetrates alſo to the internal parts. When it affects the lungs, a moſt obſtinate cough is the conſequence; which degenerates at length into very dangerous diſorders. In the ſtomach and bowels, it occaſions violent pains like a cholic; and in the bladder, ſymptoms ſo greatly reſembling thoſe of the ſtone, that perſons of experience, have been more than once deceived by them.

§ 128. The treatment of this rheumatiſm varies conſiderably from that of the former. Nevertheleſs at firſt, if the pain is very acute, and the patient robuſt, a ſingle bleeding is proper. (2.) The humours ought to be diluted, and their ſharpneſs diminiſhed, by a plentiful uſe of the ptiſan, No. 26. 3.) Four or five days after drinking abundantly of this, the purging powder, No. 21, may be taken with ſucceſs.

When general remedies have been uſed, and the diſorder ſtill continues, recourſe ſhould be had to ſuch medicines as reſtore perſpiration; and theſe ſhould be perſiſted in for a conſiderable time. The pills No. 18, with a ſtrong infuſion of elder-flowers, have often ſucceeded in this reſpect: and after a long continuance of diluting drinks, if the ſtomach exerts its functions well; the patient is no ways coſtive; if he is not of a dry habit of body; and the part affected remains without inflammation, the patient may ſafely take

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the powder No. 39, at night going to bed, with a cup or two of an infusion of *carduus benedictus*, and a morsel of Venice-treacle of the size of a hazel nut. This remedy brings on a very copious sweating, which often expels the disease.* These sweats may be rendered still more effectual, by wrapping up the affected part in a flannel dipt in the decoction No. 27.

§ 129. But of all these pains, the *sciatica* is one of the most obstinate.* Nevertheless I have seen the greatest success, from the application of seven or eight cupping-glasses on the tormented part; by which without the assistance of any other remedy, I have cured, in a few hours, *sciaticas* of many years standing. Green cere cloth, commonly called oil-cloth, (whether the ingredients be spread on taffety or on linen,) being applied to the diseased part, disposes it to sweat abundantly, and thus to discharge the sharp humour which occasions the pain. Sometimes both of these applications, but especially that spread on silk, (which may be applied more exactly and closely to the part, and which is also spread with different composition) raise a little vesication on the part. A plaister of quicklime and honey blended together, has cured inveterate *sciaticas*.

§ 130. Cold baths, are the best to keep off this disease; but they cannot always be safely ventured on. Many circumstances render the use of them impracticable to particular persons. Such as are subject to this chronical rheumatism, would do well to rub their whole bodies every morning, if they could, but especially the afflicted parts with flannel. This keeps up perspiration beyond any other assistance; and indeed sometimes increases it too much.

After a violent rheumatism people should long avoid cold and moist air.

§ 131. Rheumatic people have too frequent a recourse to hurtful medicines, which daily produce very bad consequences. Such are spirituous medicines, brandy, and arquebuscade-water. They either

either render the pain more obſtinate, by hardening the ſkin, or repel the humour to ſome inward part. And inſtances are not wanting of perſons who have died ſuddenly, from the application of ſpirit of wine upon the parts.

Sharp and greaſy unctions are equally dangerous. A rottenneſs of the bones, has enſued upon the uſe of a medicine called the Balſam of Sulphur with turpentine. There are ſome rheumatic pains, which admit of no application; almoſt every medicine aggravates them. In ſuch caſes the afflicted muſt content themſelves with keeping the parts affected from the impreſſions of the air, by a flannel.

§ 132. If the duration of the pains fixed in the ſame place, ſhould cauſe ſome degree of ſtiffneſs in the joint, it ſhould be expoſed twice a day to the vapour of warm water, and dried well afterwards with hot linen; then it ſhould be well chaffed, and laſtly touchedover with ointment of marſhmallows.

§ 133. Very young children are ſometimes ſubject to ſuch violent pains, that they cannot bear touching in any part, without exceſſive crying. We muſt be careful to avoid miſtaking theſe caſes, and not to treat them like rheumatiſms. They ſometimes are owing to worms, and go off when theſe have been diſcharged.

CHAP. XII.

Of the BITE *of a* MAD DOG.

SECT. 87.

WHEN a perſon is bit by ſuch a dog, the wound commonly heals up readily: but after a longer or ſhorter term, from three weeks to three months; commonly in about ſix weeks, the perſon bit begins to perceive in the ſpot that

was

was bitten, a dull pain. The ſcar ſwells, inflames, burſts open, and weeps out a ſharp, fetid, and ſomewhat bloody humour. At the ſame time the patient becomes ſad; he feels a kind of inſenſibility, and general numbneſs; and almoſt inceſſant coldneſs; a difficulty of breathing; a continual anguiſh, and pains in his bowels. His pulſe is weak and irregular, his ſleep reſtleſs, and confuſed with ravings; and with terrible frights. His diſcharges by ſtool are often irregular, and ſmall cold ſweats appear at ſhort intervals. Sometimes there is alſo a ſlight pain in the throat. Such is the firſt degree of this diſtemper.

§ 135. In its ſecond degree, the patient is afflicted with a violent thirſt and a pain in drinking. Soon after this he avoids all drink, particularly water, and, within ſome hours abhors it. This horror becomes ſo violent, that the bringing water near his lips, or into his ſight, the very name of it, or of any other drink; the ſight of objects, which have any reſemblance of water, afflicts him with extreme anguiſh. Yet he continues to ſwallow (though not without great difficulty) a little bread or meat, and ſometimes a little ſoup. Some even get down the liquid medicines that are preſcribed, provided there be no appearance of water in them. Their urine becomes thick and high coloured, and ſometimes there is a ſuppreſſion of it: the voice either grows hoarſe, or is almoſt entirely aboliſhed. They are troubled with ſhort deliriums, which are ſometimes mixed with fury. It is at ſuch times that they ſpit at all around them; that they attempt alſo to bite. Their looks are fixed, as it were, and ſomewhat furious, and their viſage frequently red. It is common for theſe miſerable patients to be ſenſible of the approach of their raging fit, and to conjure the by-ſtanders to be upon their guard. Many of them never have any inclination to bite. The increaſing anguiſh and pain become inexpreſſible; they earneſtly

wiſh

wiſh for death ; and ſome of them have deſtroyed themſelves.

136. It is with the ſpittle, and the ſpittle only, that this dreadful poiſon unites itſelf. And it may be obſerved, 1ſt. that if the wounds have been made through any of the patient's cloaths, they are leſs dangerous than thoſe afflicted on the naked ſkin. 2. That animals who abound in wool, or have thick hair, are often preſerved from the mortal impreſſion of the poiſon ; becauſe the cloaths, the hair, or the wool, have wiped, or dried up, the ſlaver of their teeth. 3. The bites inflicted by an infected animal, very ſoon after he has bitten many others, are leſs dangerous than the former bites, becauſe their ſlaver is exhauſted. 4. If the bite happens in the face, or in the neck, the danger is greater, and the operation of the venom is quicker too ; by reaſon the ſpittle of the perſon ſo bit is ſooner infected. 5. The higher the degree of the diſtemper is advanced, the bites become proportionably more dangerous. Hence it may be ſeen, why, of many who have been bitten, ſome have been infected with this dreadful malady, and others not.

§ 137. There is a neceſſity for deſtroying or expelling the poiſon itſelf, which mercury effects and is conſequently the counter-poiſon of it. That poiſon produces a general irritation of the nerves ; this is to be removed by antiſpaſmodics ; ſo that in mercury, joined to antiſpaſmodics, conſiſts the whole cure of this malady. There have been many inſtances of perſons cured by theſe medicines, in whom the diſtemper had been manifeſt in its rage and violence. It is acknowledged, however, that they have proved ineffectual in a few caſes ; but what diſtemper is there which does not ſometimes prove incurable ?

§ 138. The very moment after receiving the bite, if it can be effected, the part affected ſhould be cut away. The ancients directed it to be burnt with a red-hot iron ; but this requires more reſolution, than every patient is endued with. The wound

wound ſhould be waſhed a conſiderable time with warm water, with a little ſea-ſalt diſſolved in it. After this, into the lips and edges of the wound, and into the ſurface of the part all about it, ſhould be rubbed a quarter of an ounce with the ointment No. 28; and the wound ſhould be dreſſed twice daily, with the ſoft lenient ointment No. 29; but that of No. 28, is to be uſed only once a-day.

The quantity of nouriſhment ſhould be leſs than uſual, particularly of fleſh: he ſhould abſtain from wine, ſpirituous liquors, all ſorts of ſpices, and hot inflaming food. He ſhould drink only barley-water, or an infuſion of the flowers of the lime-tree. He ſhould be guarded againſt coſtiveneſs by a ſoft relaxing diet, and bathe his legs once a-day in warm water. Every third day, one doſe of the medicine No. 30, ſhould be taken; which is compounded of mercury, that counterworks the poiſon, and of muſk, which prevents the convulſive motions. I confeſs I have leſs dependance on the mercury given in this form, and think the rubbing in of its ointment conſiderably more efficacious, which I hope will always prevent the fatality of this dreadful diſeaſe.

§ 139. If the dread of water, has already appeared, and the patient is ſtrong, and abounds with blood; he ſhould,

1. Be bled to a conſiderable quantity, and this may be repeated twice, thrice, or even a fourth time, if circumſtances require it.

2. The patient ſhould be put, if poſſible into a warm bath; and this ſhould be uſed twice daily.

3. He ſhould every day receive two, or even three of the emollient clyſters, No. 5.

4. The wound, and the parts adjoining to it, ſhould be rubbed with the ointment No. 28, twice a day.

5. The whole limb which contains the wound, ſhould be rubbed with oil, and be wrapped up in an oily flannel.

6. Every three hours, a dose of the powder No. 30. should be taken in a cup of the infusion of lime-tree and elder-flowers.

7. The prescription, No. 31, is to be given every night, and to be repeated in the morning if the patient is not easy, washing it down with the same infusion.

8. If there be a great nauseousness at the stomach with a bitterness in the mouth, give the powder No. 35, which brings up a copious discharge.

9. There is little occasion to say any thing of the patient's food, in such a situation. Should he ask for any, he may be allowed panada, bread, soups made of meally vegetables, or a little milk.

§ 140. By the use of these remedies, the symptoms will lessen, and disappear by degrees.

It is certain that a boy, in whom the raging symptom had appeared, was perfectly cured, by bathing all about the wounded part with sallad oil, in which some camphire and opium were dissolved: this with the addition of repeated frictions of the ointment No. 28, brought on a very plentiful sweat, on which all the symptoms vanished.

§ 141. Dogs may be cured by rubbing in a triple quantity of the same ointment directed for men, and by giving them the bolus No. 33. But both these means should be used as soon as ever they are bit.

As soon as ever dogs are bit, they should be safely tied up, and not let loose again, before the expiration of three or four months.

§ 148. A dangerous prejudice has prevailed with regard to the bites from dogs: that if a dog who had bit any person, without being mad at the time of his biting, should become mad afterwards, the person bitten would prove mad too at the same time. Such a notion is full as absurd, as it would be to affirm that if two persons had slept in the same bed, and one of them should take the itch, or the small pox, ten or twelve years after, the

the other would be infected with it, and at the same time too.

§ 142. It is necessary no longer to represent the horror, of that cruel practice which prevailed not very long since, of suffocating persons in the height of this disease. It is now prohibited in most countries.

Another cruelty, of which we hope to see no repeated instance, is that of abandoning those miserable patients to themselves: a most detestable custom even in those times when there was not the least hope of saving them; and still more criminal in our days, when they may be recovered effectually. I again affirm, that it is not often these afflicted patients are disposed to bite; and that even when they are, they are afraid of doing it: and request the by-standers to keep out of their reach: so that no danger is incurred: or where there is any, it may be avoided by a few precautions.*

* Not long since, a Man was tried at York, for suffocating his son, who was afflicted with the Hydrophobia.

CHAP. XIII.

Of the SMALL POX.

SECT. 143.

THE Small-Pox is the most extensive of all diseases; since out of a hundred persons there are not more than two or three exempted from it. It is equally true, that if it attacks almost every person, it attacks them but once, so that having escaped through it, they are always secure from it. It must be acknowledged, at the same time, to be one of the most destructive distempers; for if in some it proves to be of a gentle kind, in others it is almost as fatal as the plague: it being demonstrated, by calculating the consequences of its most raging, and its gentlest prevalence, that it kills one seventh part of the number it attacks.

§ 144. This malady often gives ſome intimation of its approach, three or four days before the appearance of the fever, by a little dejection; leſs vivacity than uſual; a great propenſity to ſweat: leſs appetite; a ſlight alteration of the countenance; and a ſort of pale livid colour about the eyes.

Short viciſſitudes of heat or coldneſs ſucceed, and at length a conſiderable ſhivering, of one, two, three, or four hours. This is ſucceeded by violent heat, accompanied with pains of the head, and loins, vomiting, or at leaſt a frequent propenſity to vomit.

This ſtate continues ſome hours, after which the fever abates a little in a ſweat; the patient then finds himſelf better, but is nevertheleſs caſt down, heavy, ſqueamiſh, with a head-ach and pain in the back, and a diſpoſition to be drowſy. The laſt ſymptom indeed is not very common, except in children leſs than ſeven or eight years of age.

The abatement of the fever is of ſhort duration; ſome hours after, generally towards the evening, it returns with all its attendants, and terminates again by ſweats, as before.

This ſtate laſts three or four days; at the end of which, and ſeldom later, the firſt eruptions appear among the ſweat, which terminates the paroxyſm of the fever. I have generally obſerved the earlieſt eruption to appear in the face, next to that on the hands, on the fore-part of the arms, on the neck, and on the upper part of the breaſt. As ſoon as this eruption appears, if the diſtemper is of a gentle kind, the fever almoſt entirely vaniſhes; the eruptions increaſe, others coming out on the back, the ſides, the belly, the thighs, the legs, and the feet. Sometimes they are puſhed out very plentifully even to the ſoles of the feet: where, as they increaſe in ſize, they often excite very ſharp pain by reaſon of the great thickneſs and hardneſs of the ſkin in theſe parts.

Frequently

Frequently on the firſt and ſecond day of eruption (ſpeaking hitherto of the mild kind) there returns a gentle fever about the evening, which about the termination of it, is attended with a conſiderable and final eruption: though, as often as the fever terminates perfectly after the earlieſt eruption, a ſmall one is a pretty certain conſequence. For though the eruption is moderate, the fever does not totally diſappear; a ſmall degree of it ſtill remaining and heightening a little every evening.

Theſe puſtules, on their firſt appearance are, little red ſpots, reſembling a flea-bite; but diſtinguiſhable by a ſmall white point in the middle, a little raiſed above the reſt, which gradually increaſes in ſize, with the redneſs extended about it. They become whiter, in proportion as they grow larger; and generally upon the ſixth day, including that of their firſt eruption, they attain their utmoſt magnitude, and are full of *pus* or matter. Some of them grow to the ſize of a pea, and ſome a little larger; but this never happens to the greateſt number of them. From this time they begin to look yellowiſh, they gradually become dry, and fall off in brown ſcales, in ten or eleven days from their firſt appearance. As their eruption occurred on different days, they alſo wither and fall off ſucceſſively. The face is ſometimes clear of them, while puſtules ſtill are ſeen upon the legs, not fully ripe: and thoſe in the ſoles of the feet frequently remain much longer.

§ 145. The ſkin is of courſe extended by the puſtules; and after the appearance of a certain quantity, all the parts between the puſtules, are red and bright with a proportionable ſwelling of the ſkin. The face is the firſt part that appears bloated, from the puſtules there firſt attaining their full ſize; the like happens alſo to the neck, and the eyes are often cloſed up. The ſwelling of the face abates in proportion to the drying up of the puſtules, and then the hands are puffed up

prodigiously. This happens successively to the legs, the swelling being the consequence of the pustules attaining their utmost size.

§ 146. Whenever there is a very considerable eruption, the fever is heightened at the time of suppuration, which is not to be wondered at: one boil excites a fever; how is it possible then but some hundreds, or thousands of these little abscesses must? This fever is the most dangerous period, and occurs between the ninth and thirteenth days. At this season then, the patient becomes very hot and thirsty: he is harrassed with pain, and finds it very difficult to discover a favourable easy posture. If the malady runs high, he has no sleep; he raves, becomes oppressed, is seized with drowsiness; and if he does not survive, he dies either suffocated or lethargic, and sometimes in a state compounded of both.

The pulse, during this fever of suppuration, is sometimes of an astonishing quickness. The most dangerous time is, when the swellings of the face, head, and neck, are in their highest degree. Whenever the swelling begins to fall, the scabs on the face to dry, and the skin to shrivel, as it were, the danger diminishes. When the pustules are very few, this second fever is so moderate, that it requires some attention to discern it.

§ 147. Besides those symptoms, there are some others which require considerable attention. One of these is the soreness of the throat, with which many persons in the Small-Pox are afflicted, as soon as the fever grows pretty strong. It continues for two or three days; feels very troublesome in the action of swallowing. It begins, most frequently, before the eruption appears; if this complaint is in a light degree, it terminates upon the eruption; and whenever it revives in the course of the distemper, it is always in proportion to the degree of the fever. As often as it is of any considerable duration, it is attended with a discharge of a great quantity of spittle. When the eruption is confluent, and the patient adult

the

the diſcharge is ſurpriſing. This often incommodes him more than any other ſymptom of the diſtemper; and ſo much the more, as, after its continuance for ſome days, the lips, the inſide of the cheeks, the tongue, and the roof of the mouth, are, as it were, flay'd. Nevertheleſs, however painful this diſcharge may be, it is very neceſſary and ſalutary.

§ 148. Children, to the age of five or ſix years, are liable to convulſions, before eruption: theſe however are not dangerous, if they are not accompanied with violent ſymptoms. But ſuch convulſions as ſupervene, either when the eruption having occurred, *ſtrikes in*: or, during the courſe of the fever of ſuppuration, are more terrifying.

Involuntary diſcharges of blood from the noſe often occur, in the firſt ſtage of this diſtemper, which are extremely ſerviceable, and commonly leſſen, or carry off the head-ach.

§ 149. The ſmall-pox is commonly diſtinguiſhed into two kinds, the confluent and the diſtinct. But the treatment of each of them is the ſame. We may expect a confluent and dangerous pock, if, at the very time of ſeizure, the patient is attacked with many violent ſymptoms, more eſpecially if his eyes are extremely quick, lively, and even gliſtening; if he vomits almoſt continually, if the pain of his loins be violent; and if he ſuffers great anguiſh and inquietude: if in infants there is a great *ſtupor* or heavineſs; if eruption appears on the third day, or even on the ſecond: as the haſtier eruptions in this diſeaſe ſignify the moſt dangerous kind of it.

§ 150. The diſorder is ſometimes ſo ſlight, that the eruption appears with ſcarce any ſuſpicion of the child's having the leaſt ailment. And the event is equally favourable. The puſtules grow large, ſuppurate, and attain their maturity, without confining the patient to his bed, or leſſening either his ſleep or appetite.

But wine, Venice-treacle, cordial confections, hot air, and loads of bed-cloaths, annually ſweep off thouſands of children, who might have recovered, if they had taken nothing but warm water: and every perſon who is intereſted in the recovery of patients in this diſtemper, ought carefully to prevent the ſmalleſt uſe of ſuch drugs; which certainly increaſe the feverity and annex the moſt unhappy conſequences to it.

§ 151. At the very beginning of the ſmall-pox the patient is immediately to be put on a ſtrict regimen, and to have his legs bathed morning and evening in warm water. This is the proper method to leſſen the quantity in the face and head, and to facilitate it every where elſe. If he vomits, it is highly pernicious to ſtop it by any cordial confection, or by Venice-treacle; and ſtill more dangerous to give a vomit or purge, which are hurtful in the beginning of the ſmall-pox.

If the fever be moderate, the bathing of the legs on the firſt day of ſickening, may ſuffice. The patient muſt be reſtrained to his regimen; and need drink nothing but milk, diluted with two thirds of elder-flower or lime-tree tea. if there be no perceivable fever: yea, or with good clear water.* An apple coddled, or baked, may be added to it; and if they complain of hunger, a little bread may be allowed; but they muſt be denied any meat, or meat-broth, eggs and ſtrong drink. In this early ſtage too, clear whey alone may ſerve them inſtead of every other drink, the good effects of which I have frequently been a witneſs to; or ſweet butter-milk may be allowed. When the diſtemper is of a mild ſpecies, a perfect cure enſues, without any other aſſiſtance: but we ſhould not neglect to purge the patient as ſoon as the puſtules are perfectly ſcabbed on the greater part of his face, with the preſcription No. 11,

* There have been inſtances of people, who have recovered by draughts of cold water.

which

which muſt be repeated ſix days after. He ſhould not be allowed fleſh till after this ſecond purge; though after the firſt he may be allowed ſome well-boiled pulſe, or garden-ſtuff and bread, and in ſuch quantity, as not to be pinched with hunger, while he recovers from the diſeaſe.

§ 152. But if the fever ſhould be ſtrong, the pulſe hard, and the pain of the head and loins ſhould be violent, he muſt immediately loſe blood from the arm; receive a clyſter two hours after: and, if the fever continues, the bleeding muſt be repeated. I have directed a repetition of it even to the fourth time, within the two firſt days, to young people under the age of 18; and it is more eſpecially neceſſary in ſuch as, with a hard and full pulſe, are alſo affected with a drowſineſs and a *delirium*.

2. As long as the fever continues violent, two, three, or even four clyſters ſhould be given in 24 hours; and the legs ſhould be bathed twice.

3. The patient is to be taken out of bed, and ſupported in a chair, as long as he can tolerably bear it.

4. The air of his chamber ſhould frequently be renewed; and if it be too hot, which it often is in ſummer, in order to refreſh it, and the patient, the means muſt be employed which are directed in § 29.

5. He is to be reſtrained to the ptiſans No. 2, or 4; and if that does not ſufficiently moderate the fever, he ſhould take, every hour, or every two hours according to the urgency of the caſe, a ſpoonful of the mixture No. 10. mixed with a cup of ptiſan. After the eruption, the fever being then abated, there is leſs occaſion for medicine; and ſhould it intirely diſappear, the patient may be regulated as directed in § 151.

When, after a remiſſion or intermiſſion of ſome days, the proceſs of ſuppuration revives the fever, we ought particularly to keep the body very open. For this purpoſe, an ounce of lenitive electuary ſhould be added to the clyſters; or they might be

ſimply made of whey, with honey, oil, and ſalt. Give the patient three times every morning, at the interval of two hours between each, three glaſſes of the ptiſan No. 32. Purge him after two days, with the potion No. 23, but on that day he muſt not take the ptiſan No. 32.

2. He muſt, if the diſtemper be very violent, take a double doſe of the mixture No. 10.

3. The patient ſhould be taken out of bed, and kept in a room well aired, day and night, until the fever has abated. Many perſons will be ſurprized at this advice; nevertheleſs, it is that which I have often experienced to be the moſt efficacious, and without which the others are ineffectual. They will ſay, how ſhall the patient ſleep at this rate? To which it may be anſwered, ſleep is not neceſſary, in this ſtate and ſtage of the diſeaſe. Beſides, he is unable to ſleep: the continual ſalivation prevents it, and it is very neceſſary to keep up the ſalivation; which is facilitated by often injecting warm water and honey into his throat. It is alſo of conſiderable ſervice to throw ſome up his noſtrils, and often thus to cleanſe the ſcabs which form within them. A due regard to theſe circumſtances contributes to leſſen the patient's uneaſineſs, and very effectually to his cure.

4. If the face and neck are greatly ſwelled, emollient cataplaſms are to be applied to the ſoles of the feet.

§ 153. The eyelids are ſwelled when the diſeaſe runs high, ſo as to conceal the eyes for ſeveral days. Nothing further ſhould be attempted, with reſpect to this, but the frequent moiſtening of them with a little warm milk and water. What chiefly conduces to prevent the inflammation of the eyes after the diſeaſe, and in general all its other bad conſequences, is to be content for a conſiderable time with a very moderate quantity of food, and particularly to abſtain from fleſh and wine. In the very bad ſmall-pox, and in little children,

children, the eyes are closed up from the beginning of the eruption.

§ 154. One help, which has not been made use of for a long time past, except as a means to preserve the smoothness of the face; but which has the greatest tendency to preserve life itself, is the opening of the pustules, not only upon the face, but all over the body. In the first place, by opening them, the retention of *pus* is prevented, which prevents any erosion, or eating down from it: whence scars, deep pits, and other deformities are obviated. Secondly, in giving a vent to the poison, the retreat of it into the blood is cut off, which removes a principal cause of the danger. Thirdly, the skin is relaxed; the tumour of the face and neck diminish in proportion to that relaxation; and thence the return of the blood from the brain is facilitated. The pustules should be opened every where, successively as they ripen. The precise time of doing it, is when they just begin to turn a very little yellowish; and when the red circle surrounding them is quite pale. They should be opened with very fine sharp-pointed scissars; this does not give the patient the least pain; and when a certain number of them are opened, a sponge dipt in a little warm water is to be repeatedly applied to suck up and remove the *pus*. But as the pustules, when emptied thus, soon fill again, a discharge of this fresh matter must be obtained in the same manner some hours after; and this must sometimes be repeated five or even six times successively. Such extraordinary attention in this point may probably be considered as trivial; and is very unlikely to become a general practice: but I do again affirm it to be of much importance; and that as often as the fever attending suppuration is violent, a repeated opening, emptying and absorbing of the ripened pustules, is a remedy of the utmost efficacy.

§ 155. The patient should very carefully abstain from the use of Venice-treacle, laudanum,

diacordium, that is, the syrup of white poppies, or even of the wild red poppy; syrup of amber, pills of storax, and in one word, of every medicine which produces sleep. And their use should be entirely banished, through the secondary fever.

If the eruption should suddenly strike in, heating, soporific, spirituous and volatile remedies should carefully be avoided; but the patient may drink plentifully of the infusion No. 12, or rather of cold water.

§ 156. To prepare children for the small-pox, the first step is an abatement of their usual food. Children commonly eat too much. Their limitation should be in proportion to their size and growth. But, with regard to all, we may be allowed to make their supper very light and very small.

Their second advantage will consist in the choice of their food. It should be of the simplest kind, as vegetables and milk-meats. Their bread should be well baked; their pulse dressed without bacon; and their fruits well ripened. These regulations may be sufficient.

The third article, is to bathe their legs now and then in warm water, before they go to bed. This promotes perspiration, cools, dilutes the blood, and allays the sharpness of it, as often as it is properly timed.

The fourth precaution is the frequent use of very clear whey. This agreeable remedy, which consists of the juices of herbs filtered through, and as it were, sweetened by the organs of a healthy animal, answers every visible indication: it imparts a flexibility to the vessels: it abates the thickness of the blood; which being augmented by the action of the poisonous cause of the small-pox, would degenerate into a dangerous thickness. It removes all obstructions in the bowels. It also promotes stools, urine, and perspiration; and, in a word, communicates the most favourable disposition to the body, not to be

too

too violently agitated by the operation of an inflammatory poiſon.

I have already obſerved, that it may alſo be uſed to great advantage, during the courſe of the diſtemper: but I muſt alſo obſerve, that however ſalutary it is in the caſes for which I have directed it, there are others in which it would be hurtful. It would be pernicious to weak, languiſhing, pale children, ſubject to vomitings, purgings, and to all diſeaſes which prove their bowels to be weak, and their humours to be ſharp. Thoſe, to whom it is adviſed, may take a few glaſſes every morning, and even drink it daily for their common drink; they may alſo ſup it with bread for breakfaſt, or ſupper, and indeed at any time.

CHAP. XIV.

Of the MEASLES.

SECT. 157.

IN ſome conſtitutions, the meaſles give notice of their approach, by a ſmall dry cough, without any other complaint; though more frequently by a general uneaſineſs; by ſucceſſions of ſhivering and of heat; by a ſevere head-ach in grown perſons; a heavineſs in children; a conſiderable complaint of the throat; and, by what particularly characterizes this diſtemper, an inflammation and a conſiderable heat in the eyes, attended with a ſwelling of the eye-lids, with a defluxion of ſharp tears, and ſo acute a ſenſation of the eyes, that they cannot bear the light; by very frequent ſneezings, and a dripping from the noſe of the ſame humour that trickles from the eyes.

The heat and the fever increaſe with rapidity; with a cough, a ſtuffing and continual reachings to vomit; with violent pains in the loins; and ſometimes with a looſeneſs. In other ſubjects, ſweating chiefly prevails. The tongue is foul and white; the thirſt is often very high: and the

the ſymptoms are generally more violent than in the mild ſmall-pox.

At length, on the fourth or fifth day, and ſometimes about the end of the third, a ſudden eruption appears, and in a very great quantity, eſpecially about the face; which in a few hours is covered with ſpots, each of which reſembles a flea-bite; many of them ſoon joining, form red ſtreaks, larger or ſmaller, which inflame the ſkin, and produce a very perceivable ſwelling of the face; whence the very eyes are ſometimes cloſed. Each ſmall ſpot is raiſed a little above the ſurface, eſpecially in the face, where they are manifeſt both to the ſight and the touch.

The eruption, is afterwards extended to the breaſt, the back, the arms, the thighs, and legs. It generally ſpreads very plentifully over the breaſt and back; and ſometimes red ſuffuſions are found upon the breaſt, before any eruption has appeared in the face.

The patient is often relieved, as in the ſmall-pox, by plentiful diſcharges of blood from the noſe, which carry off the complaints of the head, of the eyes, and of the throat.

When this diſtemper appears in its mildeſt character, almoſt every ſymptom abates after eruption, though, in general, the change for the better is not as perceivable, as it is in the ſmall-pox. The reachings ceaſe almoſt entirely; but the fever, the cough, the head ach, continue; and I have ſometimes obſerved, that a bilious vomiting, a day or two after the eruption, proved a conſiderable relief to the patient. On the third or fourth day of the eruption, the redneſs diminiſhes; the ſpots dry up and fall off in very little branny ſcales: the cuticle ſhrivels off, and is replaced by one ſucceeding beneath it. On the ninth day, when the progreſs of the malady has been ſpeedy, and on the eleventh, when it has been very ſlow, no trace of the redneſs is to be found; and the ſurface reſumes its uſual appearance.

§ 158. Not-

§ 158. Notwithſtanding, the patient is not ſafe, except during the courſe of the diſtemper, or immediately after it, he has had ſome conſiderable evacuation; ſuch as vomiting; or a billious looſeneſs, conſiderable diſcharges by urine, or very plentiful ſweating. For when any of theſe evacuations ſupervene, the patient reſumes his ſtrength, and perfectly recovers. It happens ſometimes, even without any of theſe diſcharges, that inſenſible perſpiration expels the relics of the diſtemper. Yet it occurs too often, that this venom not having been entirely expelled, is caſt upon the lungs, where it produces a ſlight inflammation. In conſequence the oppreſſion, the cough, and fever, return, and the patient's ſituation becomes very dangerous. The outrage is frequently leſs vehement, but it proves tedious and chronical, leaving a very obſtinate cough behind it, with many reſemblances of the whooping-cough.

Though this be the frequent caſe, when men are treated with a hot regimen; yet when proper care was taken to moderate the fever at the beginning, and to keep up the evacuations, ſuch conſequences have been very rare.

§ 159. The proper method of conducting this malady, is,

1. If the fever be high, the pulſe hard, the oppreſſion heavy, the patient muſt be bled once or twice.

2. His legs muſt be bathed: the vehemence of the ſymptoms muſt regulate the number of times.

3. The ptiſans No. 3 or 4, muſt be taken, or a tea made of elder and lime tree flowers, to which a fifth part milk may be added.

4. The ſteam of warm water, ſhould alſo be employed, to aſſuage the cough, the ſoreneſs of the throat, and the oppreſſion.

5. As ſoon as the redneſs becomes pale, the patient is to be purged with the draught No. 23.

6. He

6. He is ſtill to be kept ſtrictly to his regimen, for two days after this purge; after which he is to be put upon the diet of thoſe who are in a ſtate of recovery.

7. If, during the eruption, ſuch ſymptoms ſupervene as occur (at the ſame term) in the ſmall-pox, they are to be treated in the ſame manner directed there.

§ 160. Whenever this method has not been obſerved, and the accidents deſcribed § 158 ſupervene, the diſtemper muſt be treated like an inflammation in its firſt ſtate, and it muſt be done as directed § 159. If the diſeaſe is not vehement, bleeding may be omitted. If it ſhould be attending in groſs children, loaded with humours, inactive, and pale, we muſt add to the medicine already preſcribed, the potion No. 8.

§ 161. It often happens that the dregs of the diſtemper, have been too little regarded, eſpecially the cough; in which circumſtance, it forms a real ſuppuration in the lungs, attended with a ſlow fever. I have ſeen many children in country villages deſtroyed by this neglect. Their caſe terminates in a looſeneſs, (attended with very little pain,) which carries off the patient. In ſuch caſes, we muſt recur to milk and exerciſe, which I have often ſeen in ſuch ſituations accompliſh a very difficult cure. I muſt advize the reader at the ſame time, that milk has not ſo compleat an effect, as when it is taken ſolely, unjoined by any other aliment; and that it is of the laſt importance not to join it with any, which has the leaſt ſharpneſs. Perſons in eaſy circumſtances, may ſucceſsfully take, at the ſame time Briſtol waters. Theſe are alſo ſucceſsfully employed in all the caſes, in which the cure I have mentioned is neceſſary.

§ 162. Sometimes there remains, after the meaſles, a ſtrong dry cough, with great heat in the breaſt, and throughout the whole body, with thirſt; an exceſſive dryneſs of the tongue, and of the whole ſurface of the body. I have cured perſons

perſons thus indiſpoſed, by making them breathe in the vapour of warm water; by the repeated uſe of warm water; and by allowing them to take nothing for ſeveral days but water and milk.

CHAP. XV.

Of the BURNING FEVER.

SECT. 163.

MOST of the diſtempers I have hitherto conſidered reſult from an inflammation of the blood, combined with the particular inflammation of ſome part, or occaſioned by ſome poiſon, which muſt be evacuated. But when the blood is ſtrongly inflamed, without an attack upon any particular part, this fever which we term burning, is the conſequence.

The ſigns are, a hardneſs and fulneſs of the pulſe in a higher degree than happens in any other malady; an exceſſive heat; great thirſt; with an extraordinary dryneſs of the eyes, noſtrils, lips, of the tongue, and of the throat; a violent headach; and ſometimes a raving at the height of the paroxyſm, which riſes conſiderably every evening. The reſpiration is alſo ſomewhat oppreſſed, but eſpecially at the return of this paroxyſm, with a cough now and then; though without any pain in the breaſt, and without any expectoration. The body is coſtive; the urine very high-coloured, hot, and in a ſmall quantity. The ſick are alſo liable to ſtart; but eſpecially when they ſeem to ſleep; for they have little ſound refreſhing ſleep, but rather a kind of drowſineſs, that makes them little ſenſible of what happens about them, or even of their own condition. They have ſometimes a little ſweat or moiſture: though commonly a dry ſkin; they are very weak, and have either little or no ſmell or taſte.

§ 164. This

§ 164. This diſeaſe, like all other inflammatory ones, is produced by the cauſes which thicken the blood, and increaſe its motion; ſuch as exceſſive labour, violent heat, want of ſleep, wine, or ſtrong liquors, the long continuance of a dry conſtitution of the air, exceſs of every kind, and heating food.

§ 165. The patient ought, 1. immediately to be put upon a regimen, to have the food allowed him given only every eight hours and in ſome caſes, only twice a day: and indeed, when the attack is extremely violent, nouriſhment may be wholly omitted.

2. Bleeding ſhould be repeated, until the hardneſs of the pulſe is ſenſibly abated. The firſt diſcharge ſhould be conſiderable, the ſecond ſhould be made four hours after. If the pulſe is ſoftened by the firſt, the ſecond may be ſuſpended, and not repeated before it becomes ſufficiently hard again, to make us apprehenſive of danger: but ſhould it continue ſtrong and hard, the bleeding may be repeated on the ſame day, a third time.

3. His legs are to be bathed twice a day in warm water: his hands may be bathed in the ſame water, linen or flannel cloths dipt in warm water may be applied over the breaſt, and upon the belly; and he ſhould regularly drink the almond-milk, No. 4, and the ptiſan No. 7. The pooreſt patients may content themſelves with the laſt, but ſhould drink very plentifully of it; and after the bleeding properly repeated, freſh air, together with the plentiful continuance of ſmall diluting liquors generally eſtabliſh the health of the patient.

4. If notwithſtanding the repeated bleedings, the fever ſtill rages highly, it may be leſſened by giving a ſpoonful of the potion No. 10, every hour, until it abates; and afterwards every three hours, until it becomes very moderate.

§ 166. Bleedings from the noſe frequently occur, greatly to the relief of the patient.

The

The firſt appearances of amendment are a ſoftening of the pulſe, (which however does not wholly loſe its hardneſs,) a ſenſible abatement of the head-ach; a greater quantity of urine, and that leſs high-coloured; and an evident moiſture of the tongue. Theſe favourable ſigns keep increaſing, and there frequently enſue between the ninth and the fourteenth day, and often after a flurry of ſome hours continuance, very large evacuations by ſtool; a great quantity of urine, which lets fall a pale reddiſh ſediment: the urine, above it being of a natural colour; and theſe accompanied with ſweats. At the ſame time the noſtrils and the mouth grow moiſt, the cruſt which covered the tongue, peels off of itſelf; the thirſt is diminiſhed; the drowſineſs goes off, and the natural ſtrength is reſtored. When things are evidently in this way, the patient ſhould take the potion No. 23. and be put upon the regimen of thoſe who are in a ſtate of recovery. It ſhould be repeated at the end of eight or ten days. Some patients have perfectly recovered from this fever, without the leaſt ſediment in their urine.

§ 167. The augmenting danger of this fever may be diſcerned, from the continued hardneſs of the pulſe, though with an abatement of its ſtrength; if the brain becomes more confuſed; the breathing more difficult; if the eyes, noſe, lips and tongue become ſtill more dry. If to the ſymptoms there be added a ſwelling of the belly; a diminution of the quantity of urine; a conſtant raving; great anxiety, and a certain wildneſs of the eyes, the patient cannot ſurvive many hours. The hands and fingers at this period are inceſſantly in motion, as if feeling for ſomething upon the bed-cloaths which is commonly termed, their hunting for fleas.

CHAP.

CHAP. XVI.

Of PUTRID FEVERS.

SECT. 168.

HAVING treated of ſuch feveriſh diſtempers as ariſe from an inflammation of the blood, I ſhall here treat of thoſe which are produced by corrupt humours, which ſtagnate in the ſtomach, or bowels, or have already paſſed from them into the blood. Theſe are called putrid fevers, or ſometimes bilious fevers, when a corruption of the bile ſeems to prevail.

This diſtemper frequently gives notice of its approach, ſeveral days by a great dejection, pains of the loins and knees; a foulneſs of the mouth in the morning; little appetite; broken ſlumber; and ſome times an exceſſive head ach. After theſe, a ſhivering comes on, followed by a ſharp and dry heat; the pulſe, which was ſmall and quick during the ſhivering, is raiſed during the heat, and is often very ſtrong, though it is not attended with the ſame hardneſs, as in the preceding fever: except the putrid fever be combined with an inflammatory one, which it ſometimes is. During the heat, the head-ach is commonly extremely violent; the patient is almoſt conſtantly affected with loathings, and ſometimes vomiting; with thirſt, diſagreeable riſings, a bitterneſs in the mouth; and very little urine. This heat continues for many hours frequently the whole night; it abates a little in the morning, and the pulſe, though always feverish, is then ſomething leſs ſo, while the patient ſuffers leſs though ſtill greatly dejected.

The tongue is white and furred, the teeth are foul, and the breath ſmells diſagreeably. The colour, quantity, and conſiſtence of the urine are very various and changeable. Some patients are coſtive, others frequently have ſmall ſtools without

without the leaſt relief accruing from them. The ſkin is ſometimes dry, and at other times, there is ſome ſenſible perſpiration, but without any benefit attending it. The fever augments every day, and frequently at unexpected irregular periods. Beſides that great paroxyſm, which is perceivable in all the ſubjects of this fever, ſome have alſo ſome intervening ones.

§ 169. When the diſeaſe is left to itſelf, or injudiciouſly treated, the aggravations of it become more frequent, longer, and irregular. There is ſcarce an interval of eaſe. The patient's belly is ſwelled out like a foot ball; a delirium comes on; he proves inſenſible of his own evacuations, he rejects aſſiſtance, and keeps muttering continually, with a quick, ſmall, irregular pulſe. Sometimes little ſpots of a brown, or of a livid colour appear on the ſurface, but particularly about the neck, back, and breaſt. All the diſcharges from his body have a moſt fetid ſmell: convulſive motions alſo ſupervene, eſpecially in the face: his ſweats ſtream down from agony, his breaſt ſwells out, and he dies miſerably.

§ 170. This fever ſeems to have no critical time, either for its termination in recovery, or in death. When it is very violent, or very badly conducted, it proves ſometimes fatal on the ninth day. Perſons often die of it from the 18th to the 20th; ſometimes about the 40th; after having been alternately better and worſe.

When it happens but in a light degree, it is ſometimes cured in a few days. Yet ſome patients are not out of danger before the end of ſix weeks, and even ſtill later. Nevertheleſs it is certain, that this often depends on the manner of treating them; and that in general their courſe is determined ſometime from the 14th to the 30th day.

§ 171. The treatment of this ſpecies of fevers is comprized in the following method.

1. The patient muſt be put into a regimen, his common drink ſhould be lemonade; inſtead of juice

juice of lemons, vinegar may be occaſionally ſubſtituted.

2. If there be an inflammation, which may be diſcovered by the ſtrength and hardneſs of the pulſe, and by the complexion of the patient; if he is naturally robuſt, and has heated himſelf, he ſhould be bled once, and a ſecond time, if neceſſary, ſome hours after. I muſt obſerve however that very frequently there is no ſuch inflammation, and that in ſuch a caſe, bleeding would be hurtful.

3. When the patient has drank very plentifully for two days of theſe liquids, if his mouth ſtill continues in a foul ſtate, he has violent reachings to vomit, he muſt take the powder No. 34, diſſolved in a pint and half of warm water, a glaſs of it being to be drank every half quarter of an hour. But, as this medicine vomits, it muſt not be taken, except we are certain the patient is not under any circumſtance, which forbids the uſe of a vomit: if the firſt glaſſes excite a plentiful vomiting, we muſt forbear giving another, and, be content with obliging the patient to drink a conſiderable quantity of warm water. But if the former glaſſes do not occaſion vomiting, they muſt be repeated, until they do. Thoſe who are afraid of taking this medicine, may take that of No. 35, alſo drinking warm water plentifully during its operation; but the former is preferable, as more prevalent, in dangerous caſes. We muſt caution our readers at the ſame time, that wherever there is an inflammation of any part, neither of theſe medicines muſt be given, which might prove a real poiſon in ſuch a circumſtance; and even if the fever is extremely violent, though there ſhould be no particular inflammation, they ſhould not be given.

The time of giving them is ſoon after the end of the paroxyſm, when the fever is at the loweſt. The medicine No. 34. generally purges, after it ceaſes to make the patient vomit: but No. 35, is ſeldom attended with the ſame effect.

When

When the operation and the vomit is entirely over, the ſick ſhould return to the uſe of the ptiſan: and great care ſhould be taken to prohibit the uſe of fleſh broth, under the pretext of working off a purging with it. The ſame method is to be continued on the following days: but as it is of importance to keep the body open, he ſhould take every morning ſome of the ptiſan, No. 32. Such as this would be too expenſive for, may ſubſtitute in the room of it, a fourth part of the Powder No 24, in five or ſix glaſſes of water, of which they are to take a cup every two hours, beginning early in the morning. Nevertheleſs, if the fever be very high, No. 32. ſhould be preferred to it.

4. After the operation of the vomit, if the fever ſtill continues, if the ſtools are remarkably fetid, and if the belly is tenſe and diſtended, and the quantity of urine ſmall, a ſpoonful of the potion No. 10. ſhould be given every two hours. Should the diſtemper become violent, it ought to be taken every hour.

5. Whenever (notwithſtanding the giving all theſe medicines) the fever continues obſtinate; the brain is manifeſtly diſordered: there is a violent head-ach, or very great reſtleſſneſs; two bliſtering plaiſters, No. 36. muſt be applied to the fleſhy part of the legs, and their diſcharge continued as long as poſſible.

6. If the fever is extremely violent, there is an abſolute neceſſity to prohibit the patient from receiving the leaſt nouriſhment.

7. When it is thought improper to give the vomit, the patient ſhould take in the morning, for two ſucceſſive days, three doſes of the powder No. 24, at the interval of one hour between each: this medicine produces ſome bilious ſtools, which greatly abate the fever, and conſiderably leſſen all the other ſymptoms. This may be done with ſucceſs, when the exceſſive height of the fever prevents us from giving the vomit: and we ſhould limit ourſelves to this medicine, as often

as

as we are uncertain, whether the circumſtances will admit of vomiting; which may alſo be diſpenſed with, in many caſes.

8. When the diſtemper has conſiderably declined, the paroxiſms are ſlight, and the patient continues without any fever for ſeveral hours; the daily uſe of purging drinks ſhould be diſcontinued. The common ptiſans however ſhould be ſtill made uſe of; and it will be proper to give every other day two doſes of the powder No. 24.

9. If the fever has been clearly off for a long part of the day, if the tongue appears in a good ſtate, if the patient has been well purged: and yet one moderate paroxiſm of the fever returns every day; he ſhould take the bitter decoction No. 37, four glaſſes of which may be taken at equal intervals, between the returns of the fever.

10. As the organs of digeſtion have been conſiderably weakened through the courſe of this fever, there is a neceſſity for the patient's conducting himſelf very regularly long after it, with regard both to the quantity and quality of his food. He ſhould alſo uſe due exerciſe as ſoon as his ſtrength will permit, without which he may be liable to fall into ſome chronical diſorder.

CHAP. XVII.

Of MALIGNANT FEVERS.

SECT. 172.

THOSE fevers are called malignant, in which the danger is more than the ſymptoms would make us apprehenſive of: they have frequently a fatal event without appearing ſo perilous; on which account, it has been well ſaid of this fever, that it is a dog which bites without barking.

The

The diſtinguiſhing mark of malignant fevers, is a total loſs of the patient's ſtrength, immediately on their firſt attack. They ariſe from a corruption of the humours, which is noxious to the very principle of ſtrength, the impairing which is the cauſe of the feebleneſs of the ſymptoms; by reaſon none of the organs are ſtrong enough to exert a vigorous oppoſition.

§ 173. The cauſes of this malady are a long uſe of animal food alone, without pulſe, fruits, or acids; the continued uſe of bad proviſions, ſuch as bread made of damaged corn, or very ſtale meat. Theſe fevers are frequently the conſequence of a great dearth or famine; of too hot and moiſt an air, or of a very cloſe and ſtagnant air, eſpecially if many perſons are crouded together in it. Tedious grief and vexation alſo contribute to generate theſe fevers.

§ 174. The ſick perſon ſeems to labour under great anguiſh: he has ſometimes twitchings in his face and hands, as well as in his arms and legs. His ſenſes ſeem torpid, or as it were benumbed. I have ſeen many who had loſt to all appearance, the whole five, and yet ſome of them recover. Their voices change, become weak, and are ſometimes quite loſt. Some of them have a fixed pain in ſome part of the belly: this ariſes from a ſtuffing and often ends in a gangrene, whence this ſymptom is highly dangerous.

The tongue is ſometimes altered from its appearance in health; at other times covered with a yellowiſh brown humour; but it is more rarely dry in this fever, than in the others: and yet ſometimes reſembles a tongue that has been long ſmoaked.

The ſkin is often neither hot, dry, nor moiſt: it is frequently overſpread with little ſpots of a reddiſh livid colour, eſpecially on the neck, about the ſhoulders, and upon the back. At other times, the ſpots are larger, and brown, like the colour of wheals from the ſtrokes of a ſtick.

The urine of the ſick is almoſt conſtantly of a lighter colour than ordinary. I have ſeen ſome, which could not be diſtinguiſhed, merely by the eye, from milk. A black and ſtinking purging ſometimes attends this fever, which is mortal, except the ſick be evidently relieved by the diſcharge.

§ 175. The duration and *criſis* of theſe fevers, are very irregular. Sometimes the ſick die on the ſeventh or eighth day, more commonly between the twelfth and the fifteenth, and not unfrequently at the end of five or ſix weeks. Some of theſe fevers, at their firſt invaſion, are very ſlow; and, during a few of the firſt days, the patient, though very weak, and with a very different look and manner, ſcarcely thinks himſelf ſick.

The period of the cure is as uncertain as that of death. Some are out of danger at the end of fifteen days, or ſooner; others not in ſeveral weeks.

The ſigns which portend a recovery are, a little more ſtrength in the pulſe; a more concocted urine: leſs dejection and diſcouragement; a leſs confuſed brain; an equal kindly heat; a pretty warm or hot ſweat in a moderate quantity; the revival of the ſenſes; though the deafneſs is not a very threatning ſymptom, if the others amend.

This malady commonly leaves the patient very weak; and a long interval will enſue before he recover his full ſtrength.

§ 176. It is, in the firſt place, of great importance, both for the patients, and thoſe who attend them, that the air be renewed and purified. Vinegar ſhould often be evaporated from a hot tile or iron in the chamber, and one window kept almoſt conſtantly open.

2. The diet ſhould be light; and the juice of ſorrel may be mixed with their water; the juice of lemons may be added to ſoups prepared from different grains and pulſe; the patient may eat ſharp acid fruits, ſuch as morrella cherries, gooſeberries,

berries, small black cherries, jam of currants or barberries; and those who can afford them, may be allowed lemons, oranges, and pomegranates.

3. The patient's linen should be changed every two days.

4. Bleeding and clysters are very rarely needful.

5. The patient's common drink should be barley-water made acid with the spirit No. 10, at the rate of one quarter of an ounce to at least full three pints of the water, or acidulated agreeably to his taste. He may also drink lemonade.

6. It is necessary to evacuate the bowels, where a great quantity of corrupt humours is generally lodged. The powder No. 35 may be given for this purpose; after the operation of which, the patient generally finds himself better. It is of importance not to omit this at the beginning of the disease; though if it has been omitted at first, it were best to give it even later, provided no particular inflammation has supervened, and the patient has still some strength. I have given it, and with remarkable success, on the twentieth day.

7. Having by this medicine expelled a considerable potion of the bad humours, the patient should take every other day, and sometimes every day, one dose of the cream of tartar and rhubarb, No. 38. This expels the worms that are very common in these fevers, which the patient sometimes discharges upwards and downwards, and which frequently conduce to many of the odd symptoms, that are observed in malignant fevers. In short it strengthens the bowels, and, without checking the necessary evacuations, moderates the looseness, when it is hurtful.

8. If the skin be dry, with a looseness, and that by checking it, we design to increase perspiration, instead of the rhubarb, the cream of tartar may be blended with ipecacuanna No. 39; which, being given in small and frequent doses, restrains the purging and forwards perspiration. This medicine, as the former, is to be taken in the

morning: two hours after, the ſick muſt begin with the potion No 40, and repeat it regularly every three hours, until it be interrupted by giving one of the medicines No. 38, or 39: after which, the potion is to be repeated till the patient grows conſiderably better.

9. If the ſtrength of the ſick be conſiderably depreſſed, and he is in great dejection, he ſhould take with every draught of the potion, the bolus, No. 41. If the purging is violent, there ſhould be added, once or twice a-day to the bolus, 20 grains, of Diaſcordium, or if that is not readily to be got, as much Venice treacle.

10. Whenever, notwithſtanding all this, the patient continues weak and inſenſible, two large bliſters ſhould be applied to the inſides of the legs, or a large one to the nape of the neck. Their diſcharge is to be promoted abundantly; and, if they dry up within a few days, others are to be applied, and their evacuation is to be kept up for a conſiderable time.

11. As ſoon as the malady is ſufficiently abated, for the patient to remain ſome hours with very little or no fever, we muſt avail ourſelves of this interval, to give him five or ſix doſes of the draught No. 14, and repeat the ſame the next day, which may prevent the return of the fever: after which it may be ſufficient to give daily only two doſes for a few days.

12. When the ſick continues entirely clear of a fever, he is to be put into the regimen of perſons in a ſtate of recovery. But if his ſtrength returns very ſlowly, in order to the ſpeedier eſtabliſhment of it, he may take three doſes a day of the *Theriaca Pauperum*, or Poor Man's treacle No. 42, the firſt of them faſting, and the other twelve hours after. It were to be wiſhed this medicine was introduced into all the apothecaries ſhops, as an excellent ſtomachic, in which reſpect it is much preferable to Venice treacle, which is an abſurd, dear, and often dangerous compoſition. It is true it does not diſpoſe the patients to ſleep; but when

when we would procure them ſleep, there are better medicines to anſwer that purpoſe.

CHAP. XVIII.

Of Intermitting FEVERS.

SECT. 177.

THERE are various kinds of intermitting fevers, which take their different names from the different time in which the fits return.

If the fit returns every day, it is either a true quotidian, or a double tertian fever: the firſt of theſe may be diſtinguiſhed from the laſt by this, that in the quotidian the fits are long; and correſpond nearly to each other in degree and duration. In the double tertian, the fits are ſhorter, and one is alternately light, and the other more ſevere.

In the ſimple tertian, or third day's fever, the fits return every other day.

The fit, in a quartan, returns every fourth day, including the day of the firſt, and that of the ſecond attack.

The other kinds of intermittents, are much rarer. I have ſeen however one true quintan, or fifth day ague, the patient having three clear days between two fits, and one regular weekly ague, returning every Sunday.

§ 178. The firſt attack of an intermitting fever often happens, when the patient imagines himſelf in perfect health. Sometimes however a perception of cold, and a ſort of numbneſs, continue ſome days before the fit. It begins with frequent yawnings, a laſſitude, a general weakneſs, with coldneſs, ſhivering and ſhaking: there is alſo a paleneſs of the extreme parts of the body attended with loathings, and ſometimes an actual

vomiting. The pulſe is quick, weak, and ſmall.

At the end of an hour or two, ſometimes three or four hours, heat ſucceeds, which becomes violent at its height. At this period the whole body grows red, the anxiety of the patient abates; the pulſe is very ſtrong and large, and his thirſt exceſſive. He complains of head-ach, and of a pain in all his limbs, but different from that he was ſenſible of, while his coldneſs continued. Having endured this hot ſtate, four, five, or ſix hours, he falls into a general ſweat: upon which all the ſymptoms abate, and ſometimes ſleep ſupervenes.

At the concluſion of this nap, the patient often wakes without any fever; complaining only of weakneſs. Sometimes his pulſe returns entirely to its natural ſtate between the two fits; though it often continues a little quicker.

One ſymptom which particularly characteriſes theſe fevers, is the urines which the ſick paſs after the fit. They are of a reddiſh colour, and let fall a ſediment, which exactly reſembles brick-duſt. They are ſometimes frothy too, and a thin filmy ſkin appears on the top.

The duration of each fit is of no fixed time. Sometimes they return preciſely at the ſame hour: at other times they come one, two, or three hours ſooner, and in other inſtances, as much later.

Generally ſpeaking, intermitting fevers are not mortal; often terminating of their own accord, after ſome fits. But in this reſpect intermittents in the ſpring differ from thoſe in the fall, which continue a long time, and ſometimes even until ſpring, if they are not removed by art.

Quartan fevers are always more obſtinate than tertians: perſevering in ſome conſtitutions for whole years. When theſe occur in marſhy countries, they are not only tedious, but perſons infected with them are liable to frequent relapſes.

A few fits of an intermittent are not very injurious, and it happens ſometimes, that they are attended

attended with a favourable alteration of the health; by their exterminating the cauſe of ſome tedious diſorder: though it is erroneous to conſider them as ſalutary. If they prove obſtinate, and the fits are long and violent, they weaken the whole body, impairing all its functions: they make the humours ſharp, and introduce ſeveral other maladies, ſuch as the jaundice, dropſy, aſthma, and ſlow waſting fevers. Nay, ſometimes old perſons, and thoſe who are very weak, expire in the fit; though ſuch an event never happens but in the cold fit.

§ 179. In the ſpring fevers, if the fits are not very ſevere: if the patient is well in their intervals; if his appetite, his ſtrength, and his ſleep continue as in health, no medicine ſhould be given, or any other method taken, but that of putting the perſon upon the regimen directed for perſons in a ſtate of recovery.

§ 180. If the fever extends beyond the ſixth, or the ſeventh fit, and the patient ſeems to have no occaſion for a purge *; he may take the powder No. 14. If it is a quotidian, or a double tertian, ſix doſes, containing three quarters of an ounce, ſhould be taken between the two fits; and as theſe intermiſſions commonly conſiſt of but ten or twelve, or at the moſt of fourteen or fifteen hours, there ſhould be an interval of only one hour and a half between each doſe. During this interval the ſick may take two of his uſual refreſhments.

When the fever is a tertian, one ounce ſhould be given between the two fits: which makes eight doſes, one of which is to be taken every three hours.

In a quartan, I direct one ounce and a half, to be taken in the ſame manner. The laſt doſe is to

* As there is not the leaſt danger from a gentle purge, ſuch as thoſe of No. 11, or 23, we think it would be prudent always to premiſe a doſe or two of either to the Bark. But a vomit is generally neceſſary before the bark is given.

be given two hours before the usual return of the fit.

The doses just mentioned, frequently prevent the return of the fit; but whether it returns or not, after the time of its usual duration is past, repeat the same quantity, in the same number of doses and intervals, which certainly keeps off another. For six days following, half the same quantity must be continued, in the intervals that would have occured between the fits, if they had returned: and during all this time the patient should inure himself to as much exercise as he can bear.

§ 181. Should the fits be very strong, the pain of the head violent, the visage red, the pulse ful and hard; if there is any cough; if, even after the fit is over, the pulse still is hard; if the urine is inflamed, hot and high-coloured, and the tongue very dry, the patient must be bled, and drink plentifully of barley-water No. 3. These two remedies generally bring the patient into the state described § 179: in which state he may take on a day, when the fever is entirely off, three or four doses of the powder No. 24, and then leave the fever to pursue its course for the space of a few fits. But should it not then terminate of itself, the bark must be recurred to.

If the patient, even in the interval of the returns, has a fœtid, furred mouth, a loathing, pains in the loins, or in the knees, much anxiety and bad nights, he should be purged with the powder No. 21. or the potion No. 23, before he takes the bark.

§ 182. If fevers in autumn appear to be of the continual kind, and very like putrid fevers, the patients should drink abundantly of barley-water; and if at the expiration of two or three days there still appears to be a load at the stomach, the powder No. 34, or that of 35, is to be given: and if, after the operation of this, the signs of putridity continue, the body is to be opened with repeated doses of the powder No. 24; and

when

when the fever becomes quite regular, with diſtinct *remiſſions* at leaſt, the bark is to be given as directed § 180.

But as autumnal fevers are more obſtinate after having diſcontinued the bark for eight days; notwithſtanding there has been no return of the fever, it is proper to reſume the bark, and to give three doſes of it daily for the ſucceeding eight days, more eſpecially if it was a quartan; in which ſpecies I have ordered it to be repeated every other eight days, for ſix times.

After the patient has begun with the bark, he muſt take no purging medicine, as that evacuation would occaſion a return of the fever.

Bleeding is never neceſſary in a quartan ague, which occurs with ſymptoms of putridity rather than of inflammation.

§ 183. The patient ought, two hours before the fit, to drink a ſmall glaſs of warm elder-flower tea, ſweetened with honey, every quarter of an hour, and to walk about moderately; this diſpoſes him to a very gentle ſweat: and thence renders the enſuing fit milder. He is to continue the ſame drink throughout the cold fit; and when the hot one approaches, he may either continue the ſame, or ſubſtitute that of No. 2, which is more cooling. It is not neceſſary, however, to drink it warm, it is ſufficient that it be not over cold. When the ſweat, after the hot fit, is concluded, the patient ſhould be well wiped and dried, and may get up. If the fit was very long, he may be allowed a little gruel, or ſome other ſuch nouriſhment during the ſweat.

§ 184. Sometimes the firſt doſes of the bark purge: when it purges, it does not prevent the return of the fever; ſo that theſe doſes may be conſidered as to no purpoſe, and others ſhould be repeated, which, ceaſing to purge, prevent it. Should the looſeneſs notwithſtanding continue, the bark muſt be diſcontinued for one entire day in order to give the patient half a quarter of an ounce of rhubarb; after which the bark is to be

reſumed, and if the looſeneſs ſtill perſeveres, fifteen grains of Venice-treacle ſhould be added to each doſe.

§ 185. Another eaſy method, of which I have often availed my patients, under tertian fevers, (but which ſucceeded with me only twice in quartans) was to procure the ſufferer a very plentiful ſweat, at the very time when the fit was to return in its uſual courſe. To effect this he is to drink, three or four hours before it is expected, an infuſion of elder-flowers ſweetened with honey; and, one hour before the uſual invaſion of the ſhivering, he is to go into bed, and take, as hot as he can drink it, the preſcription No. 45.

I have alſo cured ſome tertians and even quartans, by giving them, every four hours between the fits, the powder No. 44.

§ 186. The ſame cauſes which produce intermitting fevers, frequently occaſion diſorders, which return periodically, without ſhivering, without heat, and often without any quickneſs of the pulſe. Such diſorders generally preſerve the intermiſſions of quotidian or tertian fevers, much ſeldomer thoſe of quartans. I have ſeen violent vomitings, and reachings to vomit, with inexpreſſible anxiety; the ſevereſt oppreſſions, the moſt racking colics; dreadful palpitations, and exceſſive tooth-achs: pains in the head, and very often an unaccountable pain over one eye, the eyelid, eyebrow and temple on the ſame ſide of the face; with a redneſs of that eye, and a continual involuntary trickling of tears. I have alſo ſeen ſuch a prodigious ſwelling of the affected part, that the eye projected, or ſtood out above an inch from the head, covered by the eyelid, which was alſo extremely inflamed. All theſe maladies begin preciſely at a certain hour; laſt about the uſual time of a fit; and terminating without any ſenſible evacuation, return exactly at the ſame hour, the next day, or the next but one.

There

There is but one known medicine that can effectually oppose this sort, which is the bark, given as directed § 180. Nothing affords relief in the fit, and no other medicine puts it off. If a sufficient dose of it be given, the next fit is very mild; the second is prevented; and I never saw a relapse in these cases, which sometimes happens after the fits of common intermittents seem cured.

§ 187. In situations where the air renders these fevers very common, the inhabitants should frequently burn in their lodging-rooms, some aromatic wood or herbs. They should daily chew some juniper-berries, and drink a fermented infusion of them. These two remedies are very effectual to fortify the weakest stomachs, to prevent obstructions, and to promote perspiration. And, as these are the causes which prolong these fevers the most obstinately, nothing is a more certain preservation from them than these cheap and obvious assistances*.

CHAP. XIX.

Of the Erisipelas, and Bites of Animals.

Sect. 188.

THE Erisipelas, commonly called St. *Anthony's Fire*, is sometimes a slight indisposition which appears on the skin. It generally affects the face or the legs. The skin distends, becomes rough

* I have known an infusion of two ounces of the best bark in fine powder, or two ounces and a half in gross powder, in a quart of the best brandy, for three or four days (a small wine glass to be taken by grown persons at the distance of from four to six hours) effectually and speedily terminate such inveterate agues, as had given but little way to the bark in substance.

and red; the patient feels a burning heat, which is painful, and ſometimes hinders him from ſleeping. The diſtemper increaſes for two or three days, remains in its height one day or two, and abates; then the affected ſkin falls off in great ſcales and all is over.

§ 189. At other times this malady comes to a greater height: it begins by a very ſtrong ſhivering, followed by a burning heat, a violent head-ach, ſickneſs at heart, or reachings to vomit, which never ceaſe till the eriſipelas breaks out, and this happens the ſecond, or third day: then the fever abates, and the ſickneſs ceaſes: but often there remains a little of the fever and loathing, during all the time that the eriſipelas increaſes. When it affects the face, the head-ach continues till it is on the decline, the eye-lid ſwells, the eye cloſes, and the patient has not the leaſt eaſe. Often the eruption goes from one cheek to the other, and ſpreads ſucceſſively on the forehead and the neck: nay often, when the diſeaſe is ſevere, the brain is oppreſſed, the patient raves, and ſometimes, if he does not get proper aſſiſtance, he dies.

As ſoon as the eriſipelas is ſtrong, it is covered with ſmall puſtules full of a clear water, ſuch as that which comes from a tumour occaſioned by a burn, and theſe puſtules afterwards dry and ſcale off. I have ſometimes ſeen, eſpecially when the eriſipelas attacks the face, that the humour, which came from theſe puſtules, was very viſcous, and formed thick cruſty ſcabs like thoſe of ſucking children, and they continued ſeveral days before they went off.

When the eriſipelas is violent, it continues ſometimes eight, ten, twelve days, and at laſt goes away by a plentiful ſweat; during the continuation of the malady, all the ſkin is dry, even the inſide of the mouth.

§ 190. An *eriſipelas* rarely comes to a ſuppuration, and when it does, is much diſpoſed to degenerate into an ulcer. Sometimes a malignant kind

kind of *erisipelas* is epidemical, seizing a great number of persons, and frequently terminating in gangrenes.

§ 191. This distemper often shifts its situation; it sometimes retires suddenly; but the patient is uneasy, he has a propensity to vomit, with a sensible anxiety and heat; the *erisipelas* appears again in a different part, and he feels himself quite relieved. But if instead of re-appearing on some other part, the humour is thrown on the brain, or the breast, he dies within a few hours; and these fatal changes sometimes occur, without the least apparent reason.

If the humour is transferred to the brain, the patient immediately becomes delirious, with a very flushed visage, and sparkling eyes: very soon after he proves downright frantic, and goes off in a lethargy.

If the lungs are attacked, the oppression, anxiety, and heat are inexpressible.

There are some constitutions, subject to a frequent, and, as it were, habitual *erisipelas*. If it often affects the face, it is generally on the same side: and that eye is at length considerably weakened.

§ 192. This distemper results from two causes; the one, a sharp humour, diffused through the mass of blood; the other, that humour's not being sufficiently discharged by perspiration.

§ 193. When this disease is gentle, it will be sufficient to put a man upon the regimen so often referred to, with a plentiful use of nitre in elder-tea. Flesh, eggs, and wine are prohibited of course, allowing the patient a little pulse and ripe fruits. He should drink elder-flower tea abundantly, and take half a drachm of nitre every three hours; or, which amounts to the same thing, let three drachms of nitre be dissolved in as much infusion of elder-flowers as he can drink in twenty-four hours.

§ 194. When the distemper prevails in a greater degree, if the fever is very high, and the pulse strong

ſtrong or hard, it may be neceſſary to bleed once; but this ſhould never be permitted in a large quantity; it being more adviſeable, if a ſufficient quantity has not been taken at once, to bleed a ſecond time, and even a third. And in ſome caſes nature has ſometimes ſaved the patients by effecting a large bleeding, to the quantity of four or five pounds.

After bleeding, the patient is to be reſtrained to his regimen; and he ſhould drink barley-water freely, No. 3.

When the fever is diminiſhed, either the purge No. 23 ſhould be given, or a few doſes every morning of cream of tartar No. 24. Purging is abſolutely neceſſary. It may ſometimes be neceſſary too, if the diſeaſe is very tedious; if the ſickneſs at the ſtomach is obſtinate; the mouth ill-ſavoured, and the tongue foul, (provided there be only a ſlight fever, and no fear of an inflammation) to give the medicines No. 34, or 35; which remove theſe impediments ſtill better than purges.

It commonly happens that this diſeaſe is more favourable after theſe evacuations: nevertheleſs it is ſometimes neceſſary to repeat them the next day, or the next but one; eſpecially if the malady affects the head. Purging is the true evacuation for curing it, whenever it attacks this part.

Whenever, even after theſe evacuations, the fever ſtill continues to be very ſevere, the patient ſhould take every two hours, or occaſionally oftner, two ſpoonfuls of the preſcription No. 10, added to a glaſs of ptiſan.

It will be very uſeful, when this diſeaſe is ſeated in the head or face, to bathe the legs frequently in warm water; and where it is violent there, alſo to apply ſinapiſms* to the ſoles of the feet. I have ſeen this application, in about four hours, draw down an *eriſipelas* to the legs, which had ſpread over the noſe and both the eyes. When

* Rather warm treacle.

the

the diſtemper begins to go off by ſweating, this ſhould be promoted by elder-flower tea and nitre, and the ſweating may be encouraged for ſome hours.

§ 195. The beſt applications that can be made to the affected part are, the herb Robert, a kind of crane's bill; or parſley, or elder flowers: and, if the complaint be very mild, it may be ſufficient to apply a very ſoft ſmooth linen over it, which ſome people duſt over with a little dry meal.†

2. If there is a very conſiderable inflammation, flannels wrung out of a ſtrong decoction of elder-flowers, and applied warm, afford the ſpeedieſt eaſe. By this ſimple application, I have appeaſed the moſt violent pains of the moſt cruel ſpecies of eriſipelas.

3. The plaiſter of ſmalt, and ſmalt itſelf, No. 46, are alſo very ſucceſsfully employed in this diſeaſe. This powder, or mealy ones, agree beſt when a thin watry humour diſtills from the little veſications, which it is convenient to abſorb, by ſuch applications.

All other plaiſters, which are greaſy, or reſinous, are very dangerous: they often ſtrike in the *eriſipelas*, occaſioning it to ulcerate, or even to gangrene. If people who are naturally ſubject to this diſeaſe ſhould apply any ſuch plaiſter to their ſkin, even in its ſoundeſt ſtate, an *eriſipelas* is the ſpeedy conſequence.

* 196. Whenever the humour occaſioning the diſtemper is repelled, and thrown upon any internal part, the patient ſhould be bled; bliſters applied to the legs; and elder-tea, with nitre diſſolved in it, plentifully drunk.

* 197. People who are liable to frequent returns of an eriſipelas, ſhould carefully avoid uſing cream, and all fat and viſcid, or clammy food, ſpices, thick and heady liquors, a ſedentary life, the more active paſſions, eſpecially rage, and

† This application is of all others the moſt efficacious, and is frequently uſed by the common people of this country.

if

if poſſible, all chagrin too. Their food ſhould chiefly conſiſt of herbs, fruits, of ſubſtances inclining to acidity, and which tend to keep the body open; they ſhould drink water, by no means omitting the frequent uſe of cream of tartar.

Of the Stings or ſmall Wounds, by Animals.

§ 198. The ſtings or little bites of animals, frequently producing a kind of *eriſipelas*, I ſhall add a very few words here concerning them.

The only ſtings we are expoſed to, are thoſe of bees, waſps, hornets, gnats, dragon-flies; ſome of which are attended with ſevere pain, a ſwelling, and a conſiderable redneſs. Theſe ſymptoms go off naturally within a few days, without any aſſiſtance: nevertheleſs they may either be prevented or ſhortened.

1. By extracting the ſting of the animal, if it is left behind.

2. By applying oil quickly, or pounded parſley,

3. By bathing the legs of the perſon ſtung in warm water.

CHAP. XX.

Of inflammations of the Breaſt, and of falſe and bilious Pleuriſies.

Sect. 199.

THE inflammation of the heart, and the pleuriſy which we call bilious, are the very ſame diſorder: it is properly a putrid fever accompanied with an oppreſſion of the lungs, which is either without pain, and then is called a putrid

or

or bilious peripneumony; or with a pain in the ſide, and is called a pleuriſy.

The ſigns which diſtinguiſh theſe diſorders from the inflammatory diſorders of the ſame name, are a pulſe leſs hard, leſs ſtrong, more quick, with a foulneſs or bitterneſs in the mouth, the heat is ſharp and dry, the patient feels a heavineſs, an uneaſineſs about his ſtomach and loathings, his complexion is leſs red, it is a little yellow, his urine is like that in putrid fevers; he has very often a ſmall looſeneſs and very fetid, his ſkin is generally very dry, the ſpittle leſs thick, leſs red, but more yellow than in the inflammatory kind.

§ 200. Theſe diſeaſes are treated in the ſame way as the putrid fevers. If there is any inflammation, one bleeding removes it, afterwards barley water is given No. 3: and when the inflammation is entirely gone, he is to take the vomiting and purging draught No. 34. But the greateſt care muſt be taken not to give it till the whole inflammatory diſpoſition is removed: afterwards one may employ the purging potion No. 23, at the end of ſome days. The powder No. 25, ſucceeds alſo very well as a vomit.

If the fever becomes very violent, plenty of the potion No. 10, muſt be given.

§ 201. The falſe inflammation of the breaſt is an overfulneſs or obſtruction in the lungs, accompanied with a fever; and it is cauſed by thick humours; and not by inflammatory blood, or by any putrid or bilious humour.

This diſtemper happens moſt frequently in the ſpring. Old men, puny children, languid women, feeble young men, and particularly ſuch as have worn their conſtitution by drinking, are moſt frequently attacked by it; eſpecially if they have uſed little exerciſe through the winter; and have fed on viſcid, and fat aliments.

2. The patient many days before has a ſlight cough, a ſmall oppreſſion when he moves about; a little reſtleſſneſs, and is ſometimes a little choleric or fretful. His countenance is higher coloured

loured than in health; he has a propensity to sleep, but without refreshment, and has sometimes an extraordinary appetite.

3. When this state has continued for some days, there comes on a cold shivering: it is succeeded by a moderate degree of heat, attended with much inquietude and oppression. The sick person cannot confine himself to the bed; but walks to and fro in his chamber, and is greatly dejected. The pulse is weak and pretty quick; the urine is sometimes but little changed from that in health; at other times it is discharged but in a small quantity, and is higher coloured: he coughs but moderately, and does not expectorate, but with difficulty. Sometimes it happens, especially to persons of advanced age, that this state suddenly terminates in a mortal swoon: in other cases, the oppression and anguish increase; the patient cannot breathe but when sitting up, and that with great difficulty; the brain is utterly disturbed; this state lasts for some hours, and then terminates of a sudden.

§ 202. This is a very dangerous distemper; both because it chiefly attacks those persons whose constitution is weakened, and, because it is of a precipitate nature, the patient sometimes dying on the third day, seldom surviving the seventh.

1. If the patient has a pretty good share of health, if the pulse has a perceivable hardness, and yet at the same time some strength; if the weather is dry, and the wind blows from the north, he may be bled once to a moderate quantity. But if the greater part of these circumstances are wanting, bleeding would be very prejudicial. Were we obliged to establish some general rule in this case, it were better to exclude bleeding, than to admit it.

2. The stomach and bowels should be unloaded; and the medicine that succeeds best is No. 35, when the symptoms shew there is a necessity for vomiting, and there is no inflammation. When we are afraid of hazarding the agitation of a vomit,

vomit, the potion No. 11. may be given; but we must be very cautious, in regard to old men, even with this; as such may expire during the operation of it.

3. They should from the beginning of the disease, drink plentifully of the ptisan No. 26, or that of No. 12, adding half a dram of nitre to every pint of it.

4. A cup of the mixture No. 8, must be taken every two hours.

5. Blisters are to be applied to the insides of the legs.

When the case is doubtful and perplexing, it were best to confine ourselves to the three last mentioned remedies, which can occasion no ill consequence.

When this malady invades old people, though they partly recover, they never recover perfectly: and if due precaution is not taken, they are very liable to fall into a dropsy of the breast.

§ 203. The spurious pleurisy is a distemper that does not affect the lungs, but only the skin, and the muscles that cover the ribs. It is the effect of a rheumatic humour thrown upon these parts, in which, as it produces sharp pains resembling a *stitch*, it has been termed a pleurisy.

It is generally supposed, that a false pleurisy is more dangerous than a true one; but this is a mistake. It is often ushered in by a shivering, and almost ever attended with a little fever, a small cough, and a slight difficulty of breathing: but yet no anguish, nor the other symptoms of true pleurisies. In some patients this pain is extended almost over the whole breast, and to the nape of the neck. The sick person cannot repose himself on the side affected.

This disorder is not more dangerous than a rheumatism, except in two cases; 1. When the pain is so severe, that the patient strongly endeavours not to breathe at all, which brings on a great stuffing in the lungs. 2. When this humour

mour, like any other rheumatic one, is transferred to ſome internal part.

§ 204. It muſt be treated exactly like a rheumatiſm.

After bleeding once or more, a bliſter applied to the affected part is often attended with a very good effect: this being indeed the kind of pleuriſy, in which it particularly agrees.

It ſometimes gives way to the firſt bleeding: often terminating on the third, fourth, or fifth day, by a very plentiful ſweat, and rarely laſting beyond the ſeventh.

CHAP. XXI.

Of COLICKS.

SECT. 205.

BY a colick, I mean all the pains that affect the ſtomach, or the guts.

I have proved before that in ſome diſeaſes, the patient is killed by forcing him into a ſweat; in colicks the patient is killed by endeavouring to expel the wind by ſpirituous liquors.

Of the inflammatory Colick.

§ 206. The moſt violent kind of colick, and the moſt dangerous, is that which proceeds from the inflammation of the ſtomach, or inteſtines. It begins by a violent pain in the belly; the pain increaſes by degrees, the pulſe becomes quick and hard; the patient feels a burning heat in all his belly; ſometimes he has a watry diarrhœa; at other times he is rather coſtive and ſubject to vomitings.

ıitings. The countenance becomes red; the belly diſtends, and it cannot be touched, without increaſing the pain. The thirſt is very great; no drink can quench it. The pain extends often to the loins, where it is very ſharp. The patient makes little urine, and what he makes is burning and red; he gets no reſt; ſometimes he raves. If the diſeaſe is not ſtopped till the pains come to the height, the pulſe becomes leſs ſtrong, leſs hard, but more quick; the face loſes its redneſs; the parts around the eye become livid; the patient loſes his ſtrength intirely; his face, hands, feet, and the whole body except the belly become cold; the ſkin of the belly turns blueiſh, weakneſs enſues, and the patient dies. There happens often, a moment before death, a plentiful evacuation by ſtool, of matter extremely fetid, and it is during that evacuation that the patient dies, with his bowels mortified.

When the diſeaſe attacks the ſtomach, the ſymptoms are the ſame. The patient vomits almoſt all that he takes, the torment is horrible, and the raving comes very ſoon. This diſtemper kills in a few days.

§ 207. The method of cure is,

1. Take a large quantity of blood from the arm: this almoſt immediately diminiſhes the pain, and allays the vomiting. It is often neceſſary to repeat this bleeding within the ſpace of two hours.

2. Whether the patient has a looſeneſs or not, a clyſter of a decoction of mallows, or of barley water and oil, ſhould be given every two hours.

3. The patient ſhould drink very plentifully of warm almond-milk No. 4; or barley-water.

4. Flannels, dipped in hot water, ſhould be continually applied over the belly; ſhifting them every hour, or rather oftener.

5. If the diſeaſe, notwithſtanding, continues violent, the patient ſhould be put into a warm bath, the extraordinary ſucceſs of which I have obſerved.

When

When the pains and fever are ceaſed, ſo that the patient recovers a little ſtrength, and gets a little ſleep, it will be proper to give him two ounces of manna, and a quarter of an ounce of Epſom ſalt, diſſolved in a glaſs of clear whey. Manna alone may ſuffice for delicate conſtitutions: all ſharp purges would be highly dangerous.

§ 208. It is ſometimes the effect of a general inflammation of the blood; and is produced like other inflammatory diſeaſes, by extraordinary labour, very great heat, heating meats or drinks. It is often the conſequence of other colicks which have been injudiciouſly treated.

During the progreſs of this violent diſeaſe, no food is to be allowed; and we ſhould not be too inattentive to ſuch degrees of pain, as ſometimes remain after their ſeverity is over: leſt a ſcirrhus ſhould be generated, which may occaſion the moſt inveterate maladies.

§ 209. An inflammation of the inteſtines, and one of the ſtomach, may alſo terminate in an abſceſs, and it may be apprehended that one is forming, when, though the violence of the pain abates, there ſtill remains a ſlow, heavy pain, with general inquietude, little appetite, frequent ſhiverings; the patient at the ſame time not recovering any ſtrength. In ſuch caſes the patient ſhould be allowed no other drinks, but what are directed in this chapter, and ſome ſoups made of pulſe, or other farinaceous food.

The breaking of the abſceſs may ſometimes be diſcovered by a ſlight fainting fit; attended with a perceivable ceſſation of a weight in the part where it was lately felt: and when the *pus* is effuſed into the gut, the patient has ſometimes reachings to vomit, a ſwimming in the head, and the matter appears in the next ſtools. In this caſe there remains an ulcer within the gut, which if either neglected or improperly treated, may pave the way to a ſlow waſting fever, and even to death. Yet this I have cured by making the patient

patient live ſolely upon ſkimmed milk diluted, with one third part water, and by giving every other day, a clyſter, conſiſting of equal parts of milk and water with the addition of a little honey.

Of the Bilious Colick.

§ 210. The bilious colick diſcovers itſelf by very acute pains, but is ſeldom accompanied with a fever: at leaſt, not until it has laſted a day or two. And even if there ſhould be ſome degree of a fever, yet the pulſe, though quick, is neither ſtrong nor hard; the belly is neither tenſe, nor burning hot; the urine comes away with more eaſe, and is leſs high-coloured: nevertheleſs, the inward heat and thirſt are conſiderable; the mouth is bitter; the vomiting or purging, when either of them attend it, diſcharge a yellowiſh humour or excrement; and the patient's head is often dizzy.

§ 211. The method of curing this is.

1. By injecting clyſters of whey and honey; or, if whey is not readily procurable, by repeating the clyſter. No. 5.

2. By making the ſick drink, conſiderably of the whey, or of a ptiſan made of the root of dogs-graſs (the common graſs) and a little juice of lemon, for want of which, a little vinegar and honey may be ſubſtituted in place of it.*

3. By giving, every hour, one cup of the medicine No. 32: or where this is not to be had, half a drachm of cream of tartar at the ſame intervals.

4. Fomentations of warm water and half-baths are alſo very proper.

* Pullet, or rather chicken-broth, made very weak, may often do inſtead of ptiſan, or ſerve for a little variety of drink. Beef tea alſo may be uſed for the ſame purpoſe.

5. If

5. If the pains are ſharp in a robuſt, ſtrong perſon, and the pulſe is ſtrong and tenſe, bleeding ſhould be uſed.

6. No other nouriſhment ſhould be given, except ſome thin ſoups, made from vegetables, and particularly ſorrel.

7. After plentiful dilution with the proper drink, if no fever ſupervenes; if the pain ſtill continues, and the patient diſcharges but little by ſtool, he ſhould take a moderate purge. That directed No. 47. is a very proper one.

§ 212. This bilious colick is habitual to many perſons: and may be prevented by an habitual uſe of the powder No. 24; by ſubmitting to a moderate retrenchment in the article of fleſh-meat; and by avoiding heating and greaſy food, and the uſe of milk.

Of Colicks from Indigeſtion.

§ 213. Under this appellation I comprehend all thoſe colicks which are either owing to any overloading quantity of food taken at once; or to a maſs of aliments formed by degrees in ſuch ſtomachs, as digeſt but imperfectly; or which reſult from noxious mixtures of aliment in the ſtomach, ſuch as that of milk and acids; or from food either not wholeſome in itſelf, or degenerated into an unwholeſome condition.

This kind of colick may be known from any of theſe cauſes having preceded it; by its pains, which come on by degrees, being leſs fixed than in the colicks before treated of. Theſe colicks are alſo without any fever, heat, or thirſt, but accompanied with giddineſs and efforts to vomit.

Theſe diſorders are not dangerous in themſelves; but may be made ſuch by injudicious management; as the only thing to be done is to promote the diſcharges by warm drinks. There are a conſiderable variety of them, which ſeem equally

equally good, ſuch as warm water, or even cold water with a toaſt: a light infuſion of camomile, common tea, or balm, it imports little which, provided the patient drink plentifully; in conſequence of which the offending matter is diſcharged, either by vomiting, or a conſiderable purging; and the ſpeedier and more in quantity theſe diſcharges are, the ſooner the patient is relieved.

If the belly is remarkably full and coſtive, clyſters of warm water and ſalt may be injected.

The expulſion of the obſtructing matter is alſo facilitated, by rubbing the belly heartily with hot cloths.

It is often found that after theſe plentiful diſcharges, and when the pains are over, there remains a very diſagreeable taſte in the mouth, reſembling the ſavour of rotten eggs. This may be removed by giving ſome doſes of the powder No. 24, and drinking largely of good water.

It is an eſſential point in theſe caſes, to take no food before a perfect recovery.

Some have been abſurd enough to fly to ſome heating cordial, to venice-treacle, aniſeed-water, geneva, or red-wine; but there cannot be a more fatal practice; ſince evacuations are the only things which can cure the complaint. And ſhould this endeavour of ſtopping them ſucceed, the patient is either thrown into a putrid fever, or ſome chronical malady; unleſs nature, wiſer than ſuch a miſerable aſſiſtant, ſhould prevail over the obſtacles oppoſed to her recovery, and reſtore the obſtructed evacuations in the ſpace of a few days.

§ 213. Sometimes an indigeſtion happens, with very little pain, but with violent retchings, faintings, and cold ſweats: and not ſeldom the malady begins only with a ſudden and unexpected fainting: the patient immediately loſes his ſenſes, his face is pale and wan: he has ſome hiccups, which joined to the ſmallneſs of his pulſe, and to

the circumſtance of his being attacked very ſoon after a meal, makes this diſorder diſtinguiſhable from a real apoplexy: Nevertheleſs, when it riſes to this height, it ſometimes kills in a few hours. The firſt thing is to throw up a ſharp clyſte, in which ſalt and ſoap are diſſolved; next to get down as much ſalt and water as he can ſwallow; and if that is ineffectual, the powder No. 34, is to be diſſolved in three cups of water; one half of which is to be given directly; and if it does not operate in a quarter of an hour, the other half. Generally ſpeaking the patient's ſenſe begins to return, as ſoon as he begins to vomit.

Of the flatulent, or windy Colick.

§ 215. Every particular which conſtitutes our food, whether ſolid or liquid, contains much air. If they do not digeſt ſoon enough, or but badly; if they contain an extraordinary quantity of air; or if the guts being compreſſed any where in the courſe of their extent, prevent that air from being equally diffuſed (which muſt occaſion a greater proportion of it in ſome places) then the ſtomach and the guts are diſtended.

This ſpecies of colick rarely appears alone; but is often complicated with the other ſorts, of which it is a conſequence: and is more eſpecially joined with the colick from indigeſtions. It may be known, like that, by the cauſes which preceded it, by its not being accompanied either with fever, heat, or thirſt; the belly's being large and full, though without hardneſs, being unequal in its largeneſs, which prevails more in one part of it, than in another, forming ſomething like pockets of wind, ſometimes in one part, ſometimes in another; and by the patient's feeling ſome eaſe merely from the rubbing of his belly, as it moves the wind about; which eſcaping either upwards or downwards affords him ſtill greater relief.

§ 216. When

§ 216. When it is combined with any different species of the colick, it requires no distinct treatment; and it is removed by the medicines which cure the principal disease.

Sometimes however it does exist alone, and then it depends on the windiness of the food taken by the person affected with it, such as new wine, beer, especially very new beer, certain fruits, and garden-stuff. It may be cured by chafing the belly with hot cloths; by the use of drink moderately spiced; and especially by camomile tea. When the pains are abated, and there is no fever, the patient may take a little aromatic, or spiced wine, which is not to be allowed in any other kind of colick.

When a person is frequently subject to colick pains, it is a sign that the digestive faculty is impaired; the restoring of which should be carefully attended to; without which his health must suffer considerably.

Of Colicks occasioned by Cold.

§ 217. When any person has been very cold, especially in his feet, it is common for him to be attacked, within a few hours, with violent colick pains, in which heating and spirituous medicines are very pernicious; but which are easily cured by rubbing the legs well with hot cloths; and keeping them afterwards for a considerable time in warm water; at the same time drinking freely of a light infusion of camomile, or toast and water.

The cure will be effected the sooner, if the patient is put to bed and sweats a little, especially in the legs and feet.

If the pain be excessive, it may be necessary to give a clyster of warm water; to keep the legs several hours over the steam of hot water, and afterwards in the water; to drink plentifully of an infusion of camomile: if the distemper is not

ſubdued by theſe means, bliſters ſhould be applied to the legs, which I have known to be highly efficacious.

§ 218. It appears through the courſe of this chapter, that we muſt be on our guard againſt heating and ſpirituous medicines in colicks, as they may not only aggravate, but even render them mortal. In ſhort they ſhould never be given, and when it is difficult to diſcover the real cauſe of the colick, I adviſe country people to confine themſelves to theſe remedies, which cannot be hurtful. Let the patient drink warm water plentifully, and let the belly be often fomented in pretty warm water, which is the beſt fomentation of any.

I have mentioned nothing here of the uſe of any oils in this diſeaſe. I adviſe a total diſuſe of them, ſince they may be of bad conſequence in many reſpects.

§ 219. Chronical diſeaſes not coming within the plan of this work, I purpoſely forbear treating of them; but I think it my duty to admoniſh thoſe ſubject to them, that they ſhould, 1. Avoid with the greateſt care, the uſe of ſharp, hot, violent medicines, vomits, ſtrong purges, elixirs. 2. They ſhould be thoroughly on their guard againſt all thoſe who promiſe them a very ſpeedy cure, by the aſſiſtance of ſome ſpecific remedy. 3. They ſhould be convinced, they can entertain no reaſonable hope of being cured, without an exact conformity to a proper regimen, and a long perſeverance in a courſe of mild and ſafe remedies. 4. They ſhould continually reflect, that there is little difficulty in doing them great miſchief, and that their complaints require the greateſt knowledge in thoſe perſons, to whom the treatment and cure of them are committed.

CHAP.

CHAP. XXII.

Of the Iliac Paſſion.

SECT. 220.

THE Iliac paſſion is the moſt tormenting of all diſeaſes.

If the inteſtines are cloſed up in one part, all the food is ſtopped and that continual motion which is obſerved in the bowels of a living animal, and which was intended to force the contents downwards, is done in a direct contrary manner, and forces every thing towards the mouth.

The diſeaſe begins ſometimes after a coſtiveneſs of ſome days; at other times it is preceded by pains in the belly, around the navel; which pains increaſing by degrees become at laſt very violent. Some feel a hard tumour round the belly as if it were a cord; flatulencies are heard, ſome come out upwards; and the vomitings, which ſupervene ſoon, increaſe, till the patient throws up all that he has taken, with inexpreſſible pain. At the beginning, he caſts up the laſt food which he took, with ſome yellowiſh matter, and his drink: but afterwards the matter becomes ſtinking; and when the diſeaſe is come to a height, the matter has a ſmell which is called the ſmell of excrement, but which is more like the ſmell of a corrupted dead body. Sometimes likewiſe, if the patient has taken injections of a ſtrong ſmell, the ſame is found in what is vomited up. But I never ſaw any body vomit up real excrements, nor the compoſition of clyſters. During all the diſtemper, the patient has not one ſtool, the belly is tenſe, the urine ſuppreſſed, or thick and ſtinking. The pulſe, which at firſt was pretty hard, becomes quick and ſlow; the

ſtrength is loſt, the patient raves; there comes on almoſt always a hiccup, and ſometimes general convulſions; the extremities grow cold, the pains and vomitings ceaſe, and the patient dies.

§ 221. As this diſeaſe is highly dangerous, the moment it is apprehended, it is neceſſary to oppoſe it: the ſmalleſt error may be of fatal conſequence, and hot liquors kill the patient in a few hours.

This diſeaſe ſhould be treated preciſely in the ſame manner as an inflammatory colick.

1. The patient ſhould be plentifully bled, if the phyſician has been called in before the ſick has loſt his ſtrength.

2. He ſhould receive opening clyſters made of a decoction of barley-water, with five or ſix ounces of oil in each.

3. We ſhould endeavour to allay the violent efforts to vomit by giving every two hours a ſpoonful of the mixture No. 48.

4. The ſick ſhould drink plentifully, in very ſmall quantities, very often repeated, of an appeaſing, diluting drink, which tends to promote both ſtools and urine. Nothing is preferable to the whey No. 49, if it can be had immediately: if not, give ſimple clear whey ſweetened with honey, and the drinks preſcribed § 207, Art. 3.

5. The patient is to be put into a hot bath, and kept as long as he can bear it; repeating it as often daily as his ſtrength will permit.

6. After bleeding, warm bathing, repeated clyſters and fomentations, if all theſe have availed nothing; the ſmoak of tobacco may be introduced in the manner of a clyſter.

I cured a perſon of this diſeaſe, by conveying him into a bath, immediately after bleeding him, and giving him a purge on his going into the bath.

§ 222. If the pain abates before the patient has quite loſt his ſtrength; if the pulſe improves; if the vomitings are leſs: if he feels ſome rumbling

in

in his bowels: if he has ſome little diſcharge by ſtool; and if at the ſame time he feels himſelf a little ſtronger, his cure may reaſonably be expected: but if he is otherwiſe circumſtanced, he will ſoon depart: it frequently happens, a ſingle hour before death, that the pain ſeems to vaniſh, and a ſurprizing quantity of extremely fetid matter is diſcharged by ſtool: the patient is ſuddenly ſeized with a great weakneſs and ſinking, falls into a cold ſweat, and immediately expires.

Of the Cholera Morbus, or Flux and Vomiting.

§ 223. This diſeaſe is a ſudden, abundant, and painful evacuation by vomiting and by ſtool.

It begins with much wind, and ſlight pains in the belly, followed with large evacuations either by ſtool or by vomit at firſt, but when either of them has begun, the other quickly follows: the pulſe, is almoſt conſtantly feveriſh, is ſometimes ſtrong at firſt, but ſoon ſinks into weakneſs, in conſequence of the prodigious diſcharge. Some patients purge a hundred times in the compaſs of a few hours: they may even be ſeen to fall away. After a great number of them they are afflicted with cramps, in their legs, thighs and arms. When the diſeaſe rages too highly to be aſſuaged, hiccups, convulſions, and a coldneſs of the extremities approach; there is a ſcarcely intermitting ſucceſſion of fainting fits, the patient dying either in one of them or in convulſions.

It commonly prevails towards the end of July or in Auguſt; eſpecially if the heats have been very violent, and there have been little or no ſummer fruits, which greatly conduce to allay the putreſcent acrimony of the bile.

§ 223. Our firſt endeavour ſhould be to drown this acrid bile, by the moſt mitigating drinks. Wherefore the patient ſhould continualy take in, either barley-water, or pure water, with one

eighth part milk. Or he may uſe a very light decoction of bread, which is made by gently boiling a pound of toaſted bread, in five or ſix quarts of water for half an hour.

A very light ſoup made of a pullet, or one pound of lean veal, in four quarts of water, is very proper. Whey is alſo employed to good purpoſe; and in thoſe places, where it can be eaſily had, butter milk is the beſt drink of any. But, which ever of theſe drinks ſhall be thought preferable, it is a neceſſary point to drink very plentifully of it.

2. If the patient's attendants uſe Venice-treacle, mint-water, ſyrup of white poppies, called *diacodium*, opium, or mithridate, it either happens, that the diſeaſe and all its ſymptoms are heightened; or, if the evacuations ſhould actually be ſtopt, the patient is thrown into a more dangerous condition.

I have been obliged to give a purge, in order to renew the diſcharges, to a man, who had been thrown into a violent fever, attended with a raging delirium, by a medicine compoſed of Venice treacle, mithridate and oil. Such medicines ought not be employed, until the ſmallneſs of the pule, great weakneſs, cramps, and even the inſufficiency of the patients efforts to vomit, make us apprehenſive of his ſinking irrecoverably. In ſuch circumſtances he ſhould take, every quarter of an hour, a ſpoonful of the mixture No. 50, ſtill continuing the diluting draughts. After the firſt hour, they ſhould only be given every hour, and that only to the extent of eight doſes.

§ 224. If the pains and evacuations gradually abate, it will ſtill be proper to perſevere in the medicines already directed, though ſomewhat leſs frequently. And now we may allow a few ſoups from mealy ſubſtances; and as ſoon as they are quite ceaſed, he muſt be referred to the regimen ſo frequently recommended to perſons in a ſtate of recovery: when the concurring uſe of the powder No. 24, taken twice a day, will greatly aſſiſt to haſten and eſtabliſh his health. CHAP.

CHAP. XXIII.

Of the DIARRHŒA, *or Purging.*

SECT. 225.

THOSE fluxes which attack ſuddenly, without any preceding diſtemper, which are not attended with ſtrong pains or a fever, are rather an advantage than diſadvantage. They evacuate matter that has been long amaſſed, which, were it not carried off, would produce ſome diſtemper.

Theſe purgings then muſt not be ſtopped; they go away generally of themſelves, when all the hurtful matter is diſcharged; and they require no medicine. All that ought to be done, is to diminiſh the quantity of food; to abſtain from eating fleſh, eggs, and wine; to live on ſoup, pulſe, or a little fruit raw or baked, and to drink a little more than uſual.

§ 226. If after five or ſix days, the diſtemper continue, and the pains increaſe, then it muſt be ſtopped. For that effect, a man muſt be put into a regimen; and, if the diarrhœa was accompanied with a great loathing, riſings at the ſtomach, foulneſs of the tongue, and a bad taſte in the mouth, the powder No. 35, muſt be given. If theſe ſymptoms ſhould not happen, the powder No. 51, ſhould be adminiſtered, and during the three hours after this medicine, he ſhould take every half hour a cup of weak broth.

If the diarrhœa, ſtopped by this medicine, ſhould return at the end of ſome days, it would be a proof that there remains a tenacious matter which has not been diſcharged. In this caſe the medicine No. 21, 23, or 47 muſt be given; and afterwards, the patient muſt take, faſting, for two mornings, the half of the powder No. 51.

§ 227. A purging is often neglected for a long time, from which neglect they degenerate into perpetual ones. In ſuch caſes, the medicine No.

35, ſhould be given firſt; then every other day for four times ſucceſſively, he ſhould take No. 51: during all which time he ſhould live on nothing but panada, or on rice boiled in weak chicken-broth. A ſtrengthening ſtomach plaiſter has ſometimes been ſucceſsfully applied, which may be often moiſtened in a decoction of herbs boiled in wine. Cold and moiſture ſhould be avoided, which frequently occaſion immediate relapſes, even after the looſeneſs had ceaſed for many days.

On the evening of that day where the patient took No. 35, or No. 51, or any other purge, he may take a ſmall doſe of Venice treacle; or five or ſix drops of liquid Laudanum.

CHAP. XXIV.

Of the DYSENTERY, *or Bloody Flux.*

SECT. 228.

THE dyſentery is a flux, with ſtrong gripings, and frequent inclinations to go to ſtool. There is commonly a little blood in the ſtools, but not always.

The dyſentery is generally epidemical; it begins ſometimes at the end of July, oftener in Auguſt, and ends when the froſt begins.

§ 228. It begins with a ſhivering for ſome hours; and great pains in the belly, which ſometimes laſt many hours before the evacuations begin. The patient has vertigos, inclinations to vomit; he grows pale; his pulſe however is not feveriſh, but generally very ſmall: at laſt the ſtools come on, the firſt ones are often of a liquid and yellowiſh matter, but very ſoon they are mixed with glairy matter, and that glairy matter is

is coloured with blood: the pains increaſe, and the ſtools become ſo frequent, that the patient has eight, ten, twelve, or fifteen of them during the ſpace of an hour: then the fundament is irritated, the teneſmus (which is an inclination of going to ſtool, though there is no matter inwardly) joins to the dyſentery, and occaſions often a falling down of the fundament; and this is freſh pain for the patient, who diſcharges ſometimes worms, thickened glairy matter, which reſembles pieces of the guts, and ſometimes clots of blood.

A raging *delirium* ſometimes comes on before the minute of expiration. I have ſeen a very unuſual ſymptom accompany this diſeaſe, in two perſons, which was an impoſſibility of ſwallowing, for three days before death.

Many of the ſick have not the leaſt fever; for a thirſt is leſs common in this diſeaſe, than in a ſimple looſeneſs.

§ 229. The moſt efficacious remedy is a vomit. That of No. 34, if taken on the firſt invaſion of it, often removes it at once; and always ſhortens its duration. That of No. 35 is not leſs effectual. If the ſtools prove leſs frequent, after the operation of either of them, it is a good ſign; if they are no ways diminiſhed, the diſeaſe is like to be obſtinate.

The patient is to be ordered to a regimen, abſtaining from all fleſh-meat with the greateſt attention, until a perfect cure. The ptiſan No. 3, is the beſt drink for him.

The day after the vomit he muſt take the powder No. 51, divided into two doſes; the next day he ſhould take no other medicine but his ptiſan; on the fourth the rhubarb muſt be repeated; after which, the violence of the diſeaſe commonly abates. His diet, during the diſeaſe is nevertheleſs to be continued exactly for ſome days: after which he may be allowed to enter upon that of perſons in a ſtate of recovery.

§ 230. The dyſentery ſometimes begins with an inflammatory fever; a feveriſh, hard, full pulſe, with a violent pain in the head and loins, and a ſtiff diſtended belly. In ſuch a caſe, the patient muſt be bled once; and daily receive three or even four of the clyſters No. 6, drinking plentifully of the drink No. 3.

When all dread of an inflammation is over, the patient is to be treated in the manner juſt related: though often there is no neceſſity for the vomit; and if the inflammatory ſymptoms have run high, his firſt purge ſhould be that of No. 11, and the uſe of the rhubarb may be poſtponed, till about the concluſion of the diſeaſe.

I have cured many dyſenteries, by ordering the ſick no other remedy, but a cup of warm water every quarter of an hour; and it were better to rely on this ſimple remedy, than to employ thoſe, of whoſe effects we are ignorant.

§ 231. It ſometimes happens that the dyſentery is combined with a putrid fever, which makes it neceſſary, after the vomit, to give the purges No. 23, or 47, and ſeveral doſes of No. 24, before the rhubarb is given. No. 32, is excellent in this combined caſe.

When the dyſentery is blended with ſymptoms of malignity, after premiſing the preſcription No. 35, thoſe of No. 38 and 39 may be called in ſucceſsfully.

§ 232. When the diſeaſe has already been of many days ſtanding, without the patient's having taken any medicines, or only ſuch as were injurious to him, he muſt be treated as if the diſtemper had but juſt commenced; unleſs ſome ſymptoms, foreign to the nature of the dyſentery have ſupervened upon it.

§ 233. Relapſes ſometimes occur in dyſenteries, ſome few days after the patients appear well; much the greater number of which are occaſioned either by ſome error in diet, by cold air, or by being over-heated. They are to be prevented by avoiding theſe cauſes of them; and

may

may be removed by putting the patient on his regimen, and giving him one doſe of the preſcription No. 51.

This diſeaſe is ſometimes combined too with an intermitting fever; in which caſe the dyſentery muſt be removed firſt, and the intermittent afterwards.

§ 234. A prejudice, which ſtill generally prevails, is, that fruits are noxious in a dyſentery. Whereas ripe fruits, of whatever ſpecies, and eſpecially ſummer fruits, are the real preſervatives from it. They thin and waſh down the humours, eſpecially the thick glutinous bile; ripe fruits being the true diſſolvents of ſuch; by which indeed they may bring on a purging, but ſuch a one, as is a guard againſt a dyſentery.

We had an extraordinary abundance of fruit in 1759 and 1760, but ſcarcely any dyſenteries. Whenever I have obſerved dyſenteries to prevail, I made it a rule to eat leſs fleſh, and plenty of fruit; I have never had the ſlighteſt attack of one; and ſeveral phyſicians uſed the ſame caution with the ſame ſucceſs.

I have ſeen eleven patients in a dyſentery in one houſe, of whom nine eat fruit and recovered. The grandmother and one child, whom ſhe loved more than the reſt, did not. She managed the child after her own faſhion, with burnt wine and ſpices, but no fruit. She conducted herſelf in the very ſame manner, and both died.

In a country ſeat near *Berne*, in the year 1751, when theſe fluxes made great havock, and people were ſeverely warned againſt the uſe of fruits, out of eleven perſons in the family ten eat plentifully of plumbs, and not one of them was ſeized with it: the poor coachman alone rigidly obſerved that abſtinence from fruit, and took a terrible dyſentery.

This diſtemper had nearly deſtroyed a Swiſs regiment in garriſon in the ſouth of *France*: the captains purchaſed the whole crop of ſeveral acres of vineyard; where they carried the ſick ſoldiers, and

and gathered the grapes for ſuch as could not bear being carried into the vineyard; thoſe who were well eating nothing elſe: after this not one more died, nor were any more even attacked with the dyſentery.

A clergyman was ſeized with a dyſentery, which was not in the leaſt mitigated by any medicines he had taken. By mere chance he ſaw ſome currants; he longed for them, and eat three pounds of them between ſeven and nine o'clock in the morning; that very day he became better, and was entirely well on the next.

§ 235. It is neceſſary, that each ſubject of this diſeaſe ſhould have a cloſe-ſtool apart to himſelf, as the matter diſcharged is extremely infectious: and if they make uſe of bed pans, they ſhould be carried immediately out of the chamber, the air of which ſhould be continually renewed, ſprinkling vinegar frequently in it.

It is alſo neceſſary to change the patient's linen frequently; without which precautions the diſtemper becomes more violent, and attacks others who live in the ſame houſe.

§ 236 It has happened, by ſome unaccountable fatality, that there is no diſeaſe, for which a greater number of remedies are adviſed, than for the dyſentery. Of theſe many boaſted compoſitions, ſome are only indifferent, but others pernicious. The only true method of cure is that I have adviſed, the purpoſe of which is evacuating the offending matter: all thoſe methods, which have a different ſcope, are pernicious; and the method moſt generally followed, which is that of ſtopping the ſtool by aſtringents, or by opiates, is the worſt of all, and even ſo mortal a one, as to deſtroy a multitude of people annually, and throw others into incurable diſeaſes.

Such are the conſequences of all the aſtringent medicines, and of thoſe which are given to procure ſleep in this diſeaſe, as Venice treacle, mithridate, &c. when given too early in Dyſenteries.

CHAP.

CHAP. XXV.

The treatment of diſeaſes peculiar to WOMEN.

SECT. 237.

BESIDES the preceding diſeaſes, to which women are liable in common with men, their ſex alſo expoſes them to others peculiar to it, and which depend upon four principal ſources; which are their monthly diſcharges, their pregnancy, their labours in child-birth, and the conſequences of their labours. It is my preſent deſign only to give ſome general directions on theſe four heads.

§ 238. Nature, who intended women for the increaſe, and the nouriſhment of the human race at the breaſt, has ſubjected them to a periodical diſcharge of blood; which circumſtance conſtitutes the ſource, from whence the infant is afterwards to receive nutrition and growth.

This diſcharge commences generally with us, between the age of ſixteen and eighteen. Young maidens, before this, are often, and many for a long time, in a ſtate of weakneſs, which is termed the green ſickneſs: and when the terms are ſlow and backward, it occaſions grievous, and ſometimes mortal diſeaſes. Nevertheleſs it is improper to aſcribe all the evils, to which they are ſubject at this term of life, to this cauſe: the fibres of women which are intended to give way, when they are extended by the growth of the child, and its incloſing membranes ſhould neceſſarily be leſs ſtiff and rigid, and more lax and yielding than the fibres of men. Hence the circulation of their blood is more ſlow and languid than in males; their blood is leſs denſe; their fluids are more liable to ſtagnate and to form obſtructions.

§ 239. The

§ 239. The diſorders to which ſuch a conſtitution ſubjects them might, in ſome meaſure, be prevented, by aſſiſting the feebleneſs of their natural movements, through conſtant exerciſe: but this aſſiſtance, which is more neceſſary for females than males, they are partly deprived of, by education; as they are uſually employed in managing houſehold buſineſs, and light ſedentary work. They ſtir about but little, whence their natural tendency to weakneſs increaſes. Their blood circulates imperfectly; the humours tend to a general ſtagnation; and none of the vital functions are completely diſcharged.

From ſuch caſes they ſink into a ſtate of weakneſs many years before this diſcharge could be expected. This ſtate diſpoſes them to be inactive; a little exerciſe fatigues them, whence they take none at all. It might prove a remedy of their complaint; but as it is diſagreeable to them, they reject it, and thus increaſe their diſorders.

Their appetite declines with their other vital functions; the uſual kinds of food never exciting it; inſtead of which they indulge themſelves with whimſical cravings, and often of the oddeſt and moſt improper ſubſtances for nutrition.

After the duration of this ſtate for a few years, the ordinary time of their monthly evacuations approaches, which however make not the leaſt appearance, for two reaſons. The firſt is, that their health is too much impaired to accompliſh this new function at a time when all the others are ſo languid. And the ſecond is, that, under ſuch circumſtances, the evacuations themſelves are unneceſſary; ſince their final purpoſe is to diſcharge (when the ſex are not pregnant) that ſuperfluous blood, which they were intended to produce. And this ſuperfluity of blood does not exiſt in women, who have been long in a low and languiſhing ſtate.

§ 240. Their diſorder however continues to increaſe, and this increaſe is attributed to the non-

appearance

appearance of their monthly efflux, whereas the diſorder is not owing to that ſuppreſſion; but this is the effect of their diſorder.

So that all the complaints of young maidens are not owing to the want of their cuſtoms. Nevertheleſs it is certain, ſome are: for inſtance, when a ſtrong young virgin is full of health, who manifeſtly abounds with blood, does not obtain this diſcharge at the uſual time, then this ſuperfluous blood is the fountain of very many diſorders.

§ 241. Theſe diſcharges are ſuppreſſed, in the circumſtances mentioned § 238, by a continuance of the diſeaſe, which was firſt an obſtacle to their appearance; and, in other caſes, they have been ſuppreſſed by cold, moiſture, violent fear, any very ſtrong paſſion; by indigeſtion; or too hot, and irritating diet; by exerciſe too long continued, and by unuſual watching.

§ 242. The great facility with which this evacuation may be ſuppreſſed, diminiſhed or diſordered, the terrible conſequence of ſuch interruptions and irregularities of them, are cogent reaſons to engage the ſex to uſe all poſſible care, in every reſpect, to preſerve the regularity of them; by avoiding during their approach and continuance, every cauſe that may prevent or leſſen them.

Beſides the caution with which they ſhould avoid theſe general cauſes juſt mentioned, every perſon ought to remember what has moſt particularly diſagreed with her during that term, and for ever conſtantly to reject it.

§ 243. There are many women whoſe cuſtoms viſit them without the ſlighteſt impeachment of their health; others are ſenſibly diſordered on every return of them: and to others again they are very tormenting, by the violent colicks, of a longer or ſhorter duration, which precede or accompany them. I have known ſome of theſe violent attacks laſt but ſome minutes, and others which continued a few hours. But ſome have perſiſted for many days, attended with vomiting, fainting,

fainting, with convulſions from exceſſive pain, with vomiting of blood, bleedings from the noſe, which, have brought them to the very jaws of death. Some are ſubject to theſe ſymptoms every month, from the firſt appearance, to the final termination of theſe diſcharges; except proper remedies and regimen, and ſometimes a happy child-birth, removes them. Others complain but now and then, every ſecond, third or fourth month; and there are ſome again, who having ſuffered very ſeverely during the firſt months, or years, ſuffer no more afterwards. A fourth number, after having had their cuſtoms for a long time, without the leaſt complaint, find themſelves afflicted with cruel pains, at every return of them; if by imprudence, they have incurred any cauſe, that has ſuppreſſed, diminiſhed, or delayed them. This conſideration ought to ſuggeſt a proper caution even to ſuch as generally undergo theſe diſcharges without pain: ſince all may be aſſured, that though they ſuffer no ſenſible diſorder at that time, they are nevertheleſs more delicate, more eaſily affected by the paſſions of the mind, and have alſo weaker ſtomachs at theſe periods.

§ 244. Theſe diſcharges may alſo be ſometimes too profuſe in quantity. In ſuch caſes, recourſe may be had, to the directions I ſhall give hereafter.

§ 245. Finally, after their continuance for a certain number of years (rarely exceeding thirty-five) they go off of their own accord, and neceſſarily, between the age of forty-five and fifty; and this *criſis* is generally very troubleſome, and often very dangerous.

§ 246. The evils mentioned, § 238, may be prevented, by avoiding the cauſes: and, 1. By obliging young maidens to uſe conſiderable exerciſe; eſpecially as ſoon as there is the leaſt reaſon to ſuſpect the approach of the green ſickneſs.

2. By watching them carefully, that they eat nothing unwholeſome or improper. The beſt drink

drink for them is water, in which red hot iron has been extinguiſhed.

3. They muſt avoid hot ſharp medicines, and ſuch as are intended to force down their terms, which are frequently attended with pernicious conſequences, and never do any good; and they are ſtill the more hurtful, as the patient is the younger.

4. If the malady increaſes, it will be neceſſary to give them ſome remedies; but theſe ſhould not be purges, nor diluters, nor decoctions of herbs, ſalts, and a heap of other uſeleſs and noxious ingredients; but they ſhould take filings of iron, which is the moſt certain redemy in ſuch caſes. Theſe filings ſhould be of true ſimple iron, and not ſteel; and care ſhould be taken, that it be not ruſty, in which ſtate it has very little effect.

At the beginning of this diſtemper, and to young girls, it is ſufficient to give twenty grains daily, enjoining due exerciſe and a ſuitable diet. When it prevails in a ſeverer degree, and the patient is not ſo young, a quarter of an ounce may be ſafely ventured on: certain bitters or aromatics may be joined to the filings, which are numbered in the appendix, 54, 55, 56, and conſtitute the moſt effectual remedies in this diſtemper, to be taken in the form of powder, of vinous infuſion, or of electuary. When there is a juſt indication to bring down the diſcharge, the vinous infuſion No. 55 muſt be given, and generally ſucceeds; but I muſt again repeat it, (as it ſhould carefully be conſidered) that the ſtoppage of this diſcharge is frequently the effect, not the cauſe, of this diſeaſe; and that there ſhould be no attempt to force it down, which, in ſuch a caſe, may ſometimes prove more hurtful than beneficial; ſince it would naturally return of its own accord, with the ſtrength of the patient: there are ſome caſes particularly, in which it would be highly dangerous to uſe hot and active medicines; ſuch caſes, for inſtance, as are attended with ſome degree of fever,

ver, a frequent coughing, a bleeding, with great leanneſs and conſiderable thirſt: all which complaints ſhould be removed, before any hot medicines are given to force this evacuation, which many very ignorantly imagine cures all other female diſorders; an error, that has occaſioned the loſs of many women's lives.

§ 247. The other ſort of obſtructions deſcribed § 240 requires a very different treatment. Bleeding, which is hurtful in the former ſort, has often removed this. Bathing of the feet, the powders No. 20, and whey, have frequently ſucceeded: but at other times, it is neceſſary to accommodate the remedies, and the method to each particular caſe, and to judge of it from its own peculiar circumſtance and appearances.

§ 248. When theſe evacuations naturally ceaſe through age, if they ſtop ſuddenly, and all at once, and had formerly flowed very largely, 1. Bleeding muſt be directed.

2. The uſual quantity of food ſhould be ſomewhat diminiſhed, eſpecially of fleſh, of eggs, and of ſtrong drink.

3. Exerciſe ſhould be increaſed.

4. The patient ſhould frequently take, in a morning, faſting, the powder No. 24, which is very beneficial in ſuch caſes; as it moderately increaſes the natural excretions by ſtool, urine, and perſpiration; and thence leſſens that quantity of blood, which would otherwiſe ſuperabound.

Nevertheleſs, ſhould this total ceſſation be preceded by, or attended with, any extraordinary loſs of blood, which is frequently the caſe, bleeding is not neceſſary; but the regimen and powder juſt directed are ſo; to which the purge No. 23, ſhould now and then be joined, at moderate intervals. The uſe of aſtringent medicines at this critical time might diſpoſe the patient to a cancer of the womb.

Many women die about this age, as it is an eaſy matter to injure them then; a circumſtance that ſhould make them very cautious in the medicines they

they recur to. On the other hand, it alſo frequently happens, that their conſtitutions alter for the better, after this; their fibres grow ſtronger; they find themſelves more hearty and hardy; many former infirmities diſappear, and they enjoy a healthy and happy old age. I have known ſeveral who threw away their ſpectacles at the age of fifty-two, or fifty-three, which they had uſed five or ſix years before.

The powder No. 24, and the potion No. 32, agree very well in almoſt all inveterate diſcharges, at whatever time of life.

Of Diſorders attending Gravidation, or the Term of going with Child.

§ 249. In gravidation, women are ſubject to pains of the ſtomach, to vomiting in a morning, to head-ach and tooth-ach. In this caſe once bleeding will for the moſt part ſuffice, and that no very plentiful one; eſpecially as we may aſſiſt this principal remedy by others of a more gentle kind: ſuch as gentle purgatives, moderate exerciſe, and a thin ſpare diet.

§ 250. Sometimes after carrying too heavy burthens; after too much or too violent work; after receiving exceſſive jolts, or having had a fall, they are ſubject to violent pains of the loins, which extend down to their thighs, and terminate quite at the bottom of the belly; and which commonly import, that they are in danger of miſcarrying.

To prevent this conſequence, they ſhould, 1. Immediately go to bed; and if they have not mattraſs they ſhould lie upon a bed ſtuffed with ſtraw, a feather-bed being very improper. They ſhould keep themſelves quite ſtill in this ſituation for ſeveral days, not ſtirring, and ſpeaking as little as poſſible.

2. They ſhould directly loſe eight or nine ounces of blood from the arm.

3. They ſhould not eat fleſh, fleſh-broth, nor eggs; but live ſolely on ſoups made of mealy ſubſtances.

4. They

4. They ſhould take every two hours half a paper of the powder No. 20; and ſhould drink nothing but the ptiſan No. 2.

Some ſanguine robuſt women are very liable to miſcarry at a certain ſtage of their pregnancy. This may be obviated by their bleeding ſome days before that time approaches, and by their obſerving the regimen I have adviſed. But delicate women require a very different treatment.

Of Delivery, or Child-Birth.

§ 251. The errors which are incurred, during actual labour, are numberleſs, and too often irremediable. I ſhall only mark one: this is the cuſtom of giving hot irritating things, whenever the labour is very painful, or ſlow; ſuch as caſtor, or its tincture, ſaffron, ſage, rue, ſavin, oil of amber, wine, Venice-treacle, wine burnt with ſpices, coffee, brandy, aniſeed-water, walnut-water, fennel-water, and other drams or ſtrong liquors. All theſe things, far from promoting the woman's delivery, render it more difficult by inflaming the womb, (which cannot then ſo well contract itſelf) and the parts through which the birth is to paſs, in conſequence of which they ſwell, become more ſtraitened, and cannot yield or be dilated. Sometimes theſe ſtimulating hot medicines bring on hæmorrhages, which prove mortal in a few hours.

§ 252. A conſiderable number, both of mothers and infants, might be preſerved by the directly oppoſite method. As ſoon as a woman who was in good health, before the approach of her labour, being robuſt and well-made, finds her travail come on, and that it is painful and difficult; far from encouraging thoſe premature efforts, and from furthering them by thoſe pernicious medicines, ſhe ſhould be bled in the arm, which will prevent the ſwelling and inflammation, aſſuage the pains, relax the parts, and diſpoſe every thing to a favourable iſſue.

During

During actual labour, no other nouriſhment ſhould be allowed, except a little panada every three hours, and as much toaſt and water, as the woman chuſes.

Every fourth hour a clyſter ſhould be given, conſiſting of a decoction of mallows and a little oil. In the intervals between theſe clyſters ſhe ſhould be ſet over a kind of ſtove, or in a pierced eaſy chair, containing a veſſel in which there is ſome hot water: the paſſage ſhould be gently rubbed with a little butter; and ſtupes wrung out of a fermentation of ſimple hot water, which is the moſt efficacious of any, ſhould be applied over the belly.

By this method many labours, which ſeem difficult at firſt, terminate happily, and this ſafe manner of proceeding at leaſt affords time to call in further aſſiſtance. Beſides the conſequence of ſuch deliveries are healthy and happy; but when purſuing the heating practice, even though the delivery be effected, both the mother and infant have been ſo cruelly, though undeſignedly, tormented, that both of them frequently periſh.

I acknowledge theſe means are inſufficient, when the child is unhappily ſituated in the womb or when there is an embarraſſing conformation in the mother; though at leaſt they prevent the caſe from proving worſe, and leave time for calling in other midwives, who may be better qualified.

Of the Conſequences of Labour, or Child-birth.

§ 253. The uſual conſequences of child-birth, are; 1. An exceſſive hæmorrhage. 2. An inflammation of the womb. 3. A ſudden ſuppreſſion of the *lochia*, or uſual diſcharges after delivery. And 4. The fever and other accidents, reſulting from the milk.

Exceſſive bleedings or floodings, ſhould be treated according to the manner directed § 250: and

and if they are very exceſſive, folds of linen, which have been wrung out of a mixture of equal parts of water and vinegar, ſhould be applied to the belly, the loins, and the thighs: theſe ſhould be changed for freſh moiſt ones, as they dry; and ſhould be omitted, as ſoon as the bleeding abates.

The inflammation of the womb is diſcoverable by pains in all the lower parts of the belly; by a tightneſs of the whole; by a ſenſible increaſe of pain upon touching it; a kind of red ſtain or ſpot, that mounts to the middle of the belly, as high as the navel; which ſpot, as the diſeaſe increaſes, turns black, and then is always a mortal ſymptom; by a very extraordinary degree of weakneſs; an amazing change of countenance; a light *delirium*; a continual fever, with a weak and hard pulſe; ſometimes inceſſant vomitings; a frequent hiccup; a moderate diſcharge of a reddiſh, ſtinking, ſharp water; frequent urgings to go to ſtool; a burning heat of urine; and ſometimes an entire ſuppreſſion of it.

This dangerous diſeaſe ſhould be treated like inflammatory ones. After bleeding, frequent clyſters of warm water muſt by no means be omitted; ſome ſhould alſo be injected into the womb, and applied continually over the belly. The patient may alſo drink continually, either of ſimple barley-water, with a quarter of an ounce of nitre in every three pints of it, or of almond milk No. 4.

§ 254. The total ſuppreſſion of the *lochia*, ſhould be treated exactly in the ſame manner: but if unhappily hot medicines have been given, in order to force them down, the caſe will generally prove a moſt hopeleſs one.

§ 255. If the milk-fever run very high, the barley ptiſan directed § 253, with a very light diet, conſiſting only of panada, or made of ſome other mealy ſubſtances, and very thin, generally removes it.

§ 256. Delicate

§ 256. Delicate women, who have not all the attendance they want; and ſuch as are obliged to work too ſoon, are expoſed to many accidents; and hence, the ſeparation of the milk in their breaſts being diſturbed, there are knots as it were, which are very painful and troubleſome. They often happen on the thighs, in which caſe the ptiſan No. 58 is to be drank, and the poultice No. 59 muſt be applied. Theſe two remedies gradually diſſipate the tumour, if that can be effected. But if matter is actually formed, a ſurgeon muſt open the abſceſs, and treat it like any other.

Should the milk curdle in the breaſt, it is of the utmoſt importance immediately to diſſolve that thickneſs, which would otherwiſe degenerate into a hardneſs, and prove a *ſcirrhus*; and from a *ſcirrhus*, in proceſs of time, a cancer.

This may be prevented by an application to theſe ſmall tumours, as ſoon as ever they appear. For this purpoſe nothing is more effectual than the preſcriptions No. 57, and 60; but under ſuch menacing circumſtances, it is prudent to take the beſt advice as early as poſſible.

From the moment theſe hard tumours become obſtinately ſo, and yet without any pain, we ſhould abſtain from every application, all are injurious; and greaſy, ſharp, reſinous and ſpirituous ones, often change the *ſcirrhus* into a cancer. Whenever it becomes manifeſtly ſuch, all applications are equally pernicious, except that of No. 60. Cancers have long been thought incurable; but within a few years paſt ſome have been cured by the remedy No. 57; which nevertheleſs is not infallible, though it ſhould always be tried.

§ 257. The nipples of women, who give milk, are often fretted or excoriated, which proves ſeverely painful to them. One of the beſt applications is, the moſt ſimple ointment, being a mixture of oil and wax melted together; or the ointment No. 66. Should the complaint prove

very obſtinate, the nurſe ought to be purged, which generally removes it.

CHAP. XXVI.

Directions concerning CHILDREN.

Sect. 258.

NEARLY all the children who die before they are one or two years old, die with convulſions; people ſay, they died of them, which is partly true, as it is in effect, the convulſions that have deſtroyed them. But then theſe convulſions are the conſequences of other diſeaſes, which require the utmoſt attention. The four principal cauſes are, the *Meconium*, the excrements contained in the body of the infant, at the birth; *Acidities*, or ſharp and ſour humours: the cutting of the teeth, and worms. I ſhall treat briefly of each.

Of the Meconium.

§ 259. The ſtomach and guts of the infant, at its entrance into the world, are filled with a black ſort of matter, which is called the *Meconium*.

The evacuation of this excrement is procured, by making them drink ſome water, to which a little ſugar or honey is added, which will dilute this *meconium*, and promote the diſcharge of it by ſtool, and ſometimes by vomiting.

To be the more certain of expelling all this matter, they ſhould take one ounce of compound ſyrup *of ſuccory, which ſhould be diluted with a little

*This method is uſed, whenever the mother does not ſuckle her child. But when ſhe does, theſe remedies ſeem uſeleſs. The mother ſhould give the child the breaſt as ſoon as ſhe can. The firſt

a little water, drinking up this quantity within the ſpace of four or five hours. The ſyrup is greatly preferable to all others, given in ſuch caſes, and eſpecially to oil of almonds.

Should the great weakneſs of the child ſeem to call for ſome nouriſhment, there would be no inconvenience in allowing a little biſcuit well boiled in water, which is pretty commonly done, or a little very thin light panada.

Of Acidities, or ſharp Humours.

§ 260. Notwithſtanding the bodies of children have been emptied, yet the milk very often turns ſour in their ſtomachs, producing vomitings, violent colicks, convulſions, or a looſeneſs. There are but two purpoſes to be purſued in ſuch caſes; to carry off the ſour humours, and to prevent the generation of more. The firſt of theſe intentions is beſt effected by the ſyrup of ſuccory, or of violets.

The generation of further acidities is prevented, by giving three doſes daily, if the ſymptoms are violent, and but two, or even one only, if they are moderate, of the powder No. 61, drinking after it balm-tea.

It has been a cuſtom to load children with oil of almonds, * as ſoon as ever they are infeſted with gripes: but it is a pernicious cuſtom, and attended with very dangerous conſequences.

§ 261. Infants are commonly moſt ſubject to colics during their earlieſt months; which abate as their ſtomachs grow ſtronger. They may be relieved in the fit by clyſters of a decoction of camomile-flowers, in which a bit of ſoap of the ſize of a hazel-nut is diſſolved, or by a piece of flannel

firſt milk, the ſtrippings, as it is called in quadrupeds, which is very ſerous or watery, will be ſerviceable as a purgative; it will forward the expulſion of the meconium, prove gradually nouriſhing, and is better than biſcuits, or panado.

* A little magneſia alba will be more proper for children than any oils whatever.

flannel wrung out of a decoction of camomile-flowers, with the addition of some Venice-treacle, applied hot over the stomach and on the belly.

But a certain means to prevent these colics, which is owing to children's not digesting their milk, is to move and exercise them as much as possible; having a due regard however to their tender time of life.

§ 262. Before I proceed to the third cause of the diseases of children, I must take notice of the first cares their birth requires, that is the washing of them, the first time merely to cleanse, and afterwards to strengthen them.

The whole body of an infant just born is covered with a gross humour, which is occasioned by the fluids, in which it was suspended in the womb. There is a necessity to cleanse it directly from this, for which nothing is so proper as a mixture of one third wine, and two thirds water; wine alone would be dangerous. This washing may be repeated some days successively: but it is a bad custom to continue to wash them thus warm, the danger of which is augmented by adding some butter to the wine and water. If this gross humour that covers the child, seems more glutinous than ordinary, a decoction of camomile flowers, with a little bit of soap may be used. The regularity of perspiration is the great foundation of health; to procure this, the skin must be strengthened; but warm washing tends to weaken it. Therefore children should be washed, some few days after their birth with cold water, in the state it is brought from the spring.

For this purpose a spunge is employed, with which they begin, by washing first the face, the ears, the back part of the head (carefully avoiding the mould of the head) the neck, the loins, the trunk of the body, the thighs, legs and arms, and in short every spot. This method which has obtained for so many ages will appear shocking to several mothers: they would be afraid of killing their children by it; yet, they cannot give a more

more ſubſtantial mark of their tenderneſs to them than by ſubduing their fears and their repugnance.

Weakly infants are thoſe who have the greateſt need of being waſhed; and it ſeems ſcarcely credible how greatly this method conduces to their ſtrength.

They ſhould be waſhed very regularly every day, in every ſeaſon, and every ſort of weather; and in the fine warm ſeaſon they ſhould be plunged into a large pail of water, into a brook, a river, or a lake.

After a few days crying they grow ſo well accuſtomed to this exerciſe, that it becomes one of their pleaſures; ſo that they laugh all the time they are going through it.

The firſt benefit of this practice is, the keeping up their perſpiration, and rendering them leſs obnoxious to the impreſſions of the air and weather: and it is in conſequence of this, that they are preſerved from a great number of maladies, eſpecially from knotty tumours; from obſtructions; from diſeaſes of the ſkin, and from convulſions.

§ 263. But care ſhould be taken not to undo the benefit of this waſhing by the bad cuſtom of keeping them too hot. There is not a more pernicious one than this, nor one that deſtroys more children. They ſhould be accuſtomed to light cloathing by day, and light covering by night, to go with their heads very thinly covered, and not at all in the day-time, after the age of two years. They ſhould not ſleep in chambers that are too hot, and ſhould live in the open air, both ſummer and winter, as much as poſſible. Children who have been kept too hot, are very liable to colds; they are weakly, pale, languiſhing, bloated. They are ſubject to hard knotty ſwellings, a conſumption, all ſorts of languid diſorders, and either die in their infancy, or only grow up into a miſerable valetudinary life.

§ 264. I muſt add, that infancy is not the only ſtage of life, in which cold bathing is advan-

tageous. I have adviſed it with remarkable ſucceſs to perſons of every age, even to that of ſeventy: and there are two kinds of diſeaſes, in which cold baths ſucceed very greatly; that is, in weakneſs of the nerves, and when perſpiration is diſordered. When perſons are liable to colds, feeble and languiſhing, the cold bath re-eſtabliſhes perſpiration; reſtores ſtrength to the nerves; and by that means diſpels all the diſorders, which ariſe from theſe two cauſes, in the animal œconomy. It ſhould be uſed any time before dinner.

Of the cutting of the Teeth.

§ 265. Cutting of the teeth is often very tormenting to children. If it proves very painful, we ſhould during that period, 1. Keep their bellies open by clyſters, conſiſting only of a decoction of mallows.

2. Their ordinary quantity of food ſhould be leſſened for two reaſons; firſt, becauſe the ſtomach is then weaker than uſual; and next, becauſe a ſmall fever ſometimes accompanies the cutting.

3. Their uſual quantity of drink ſhould be increaſed a little: the beſt for them is an infuſion of the leaves or flowers of the lime-tree, to which may be added a little milk.

4. Their gums ſhould frequently be rubbed with a mixture of equal parts of honey, and mucilage of quince-ſeeds; and of the root of marſh mallows, or liquorice, may be given them to chew.

Of Worms.

§ 266. The ſymptoms which make it probable they are infeſted with worms, are ſlight, frequent, and irregular colicks; a great quantity of ſpittle running off while they are faſting; a diſagreeable ſmell of their breath, eſpecially in the morning; a frequent

a frequent itchiness of their noses, which make them scratch or rub them often; a very irregular appetite, pains at the stomach and vomitings: sometimes a costive belly; but more frequently loose stools of indigested matter; the belly larger than ordinary, the rest of the body meagre; a thirst which no drink allays; and often great weakness, with some degree of melancholy. Their urine is often whitish; some as white as milk. Sometimes they are affected with palpitations, swoonings, convulsions, long and profound drowsiness; cold sweats, which come on suddenly; fevers which have the appearances of malignity; obscurities and even loss of sight and of speech; palsies either of their hands, their arms, or their legs; and numbnesses. They have often the hiccup, a small and irregular pulse, ravings, and, what is one of the least doubtful symptoms frequently a small dry cough.

§ 267. There are very great multitudes of medicines against worms. The worm seed is a very good one. The prescription No. 62 is also a very successful one; and the powder No. 14 is one of the best. Flower of brimstone, the juice of cresses, acids and honey-water have often been serviceable; but the first three I have mentioned, succeeded by a purge, are the best. No. 63 is a purging medicine, that the most difficult children may easily take.

A disposition to breed worms always shews the digestions are weak and imperfect; for which reason children liable to worms should not have food difficult to digest. A long continued use of filings of iron is the remedy, that most effectually destroys this disposition.

Of Convulsions.

§ 268. I have already said, that the convulsions of children are almost constantly the effect of some other disease, and especially of some of the

four I have mentioned. Others sometimes occasion them.

The first of them is the corrupted humours, that often abound in their stomachs and intestines; the consequence of too great a load of aliments, or of such as the stomachs of children are incapable of digesting.

It may be known that the convulsions of a child are owing to this cause, by a loathing stomach; by a foul tongue; a great belly: by its bad complexion, and its disturbed, unrefreshing sleep.

A dimunition of the quantity of its food; and the purge No. 63, generally remove such convulsions.

§ 269. The second cause is the bad quality of their milk. Whether it be that the nurse has fallen into a violent passion, some considerable disgust, or a great fright; whether she has eat unwholesome food, drank too much wine, or strong drink; whether she is seized with a descent of her monthly discharges, and that has greatly disordered her health; or, whether she be sick: in all these cases the milk is vitiated, and exposes the infant to violent symptoms.

The remedies for convulsions from this cause, consist, 1. In letting the child abstain from this corrupted milk, until the nurse shall have recovered her state of health.

2. In making the child drink plentifully of a light infusion of the lime-tree-flowers;* in giving it no other nourishment for a day or two, except panada, and other light spoon-meats, without milk.

3. In purging the child with an ounce, or an ounce and a half of manna.

* Lime-tree flowers have an agreeable flavour, which is communicated to water by infusion, and rises with it in distillation. These flowers may be gathered in most places in Britain in the month of July. They are considered by Hoffman and several other writers, as a specific in all kinds of spasms and pains, and even sometimes in the epilepsy.

A third

A third cause that produces convulsions, is the small-pox, and the measles; such convulsions require no other treatment, but that proper for the disorder.

§ 270. It is evident from what has been said, that convulsions are commonly a symptom attending some other distemper, rather an than original distemper; that they depend on many different causes; that hence there can be no general remedy for them; and that the only means which are suitable in each case, are those which are proper to oppose the particular cause producing them.

The greater part of the pretended specifics, which are employed in all sorts of convulsions, are often useless, and oftener prejudicial. Of this last sort are,

1. All sharp and hot medicines, spirituous liquors, oil of amber: other hot oils and essences, volatile salts, and such other medicines, as by the violence of their action are likelier to produce convulsions than allay them.

2. Astringent medicines, which are highly pernicious, whenever the convulsions are caused by any sharp humour that ought to be discharged by stool; or when such convulsions are an effort of nature to effect a *crisis*: besides that there is always some danger in giving them to children without mature consideration, as they often dispose them to obstructions.

3. Opiates, such as Venice-treacle, mithridate, syrrup of poppies, are also attended with the most embarrassing events, in regard to convulsions; and are improper, for nine tenths of those they are advised to. It is true, they often produce an apparent ease for some minutes, or hours; but the disorder returns with greater violence for this suspension, because they have augmented all the causes producing it. Indeed there are some cases, in which they are absolutely necessary, As,

1. When the convulsions continue, after the original cause of them is removed.

2. When they are so violent, as to threaten life; and when they prove an obstacle to the taking proper remedies. And,

3. When the cause producing them is of such a nature, as is apt to yield to the force of anodynes; as when for instance, they have been the immediate consequence of a fright.

Some children are very obnoxious to convulsions. In general, cold bathing, and the powder No. 14, are serviceable in such circumstances.

General Directions, with respect to Children.

271. I shall conclude this chapter by such advice, as may contribute to give children a more vigorous constitution, and to preserve them from many disorders.

First then, we should be careful not to cram them, and to regulate both the quantity and the set time of their meals, which is a very practicable thing, even in the very earliest days of their life; when the woman who nurses them, will be careful to do it regularly. Perhaps indeed this is the very age, when such a regulation may be the most easily effected.

Sickness is the only circumstance, that can warrant any alteration in the order and intervals of their meals; and then this change should consist in a diminution of their usual quantity, notwithstanding a general and fatal conduct seems to establish the reverse; and this pernicious fashion authorizes the nurses to cram these poor little creatures the more, in proportion as they have real need of less feeding. They conclude of course, that all their cries are the effects of hunger, and the moment an infant begins, then they immediately stop its mouth with food; without once suspecting that these wailings may be occasioned by the uneasiness of an overloaded stomach, or by pains whose cause is neither removed nor mitigated,

mitigated, by making the children eat; though the mere action of eating may render them insensible to slight pains, for a few minutes.

Those who overload them with victuals, in hopes of strengthening them, are extremely deceived; there being no one prejudice equally fatal to such a number of them. Whatever unnecessary aliment a child receives, weakens, instead of strengthens him. The stomach, when over-distended, suffers in its force, and becomes less able to digest it thoroughly. The excess of the food last received, impairs the concoction of the quantity that was really necessary: which, being badly digested, is so far from yielding any nourishment to the infant, that it weakens it, proves a source of diseases, and concurs to produce obstructions, rickets, the evil, slow fevers, a consumption and death.

Another unhappy custom prevails, with regard to the diet of children, when they begin to receive any other food besides the nurse's milk, and that is, to give them such as exceeds the digestive power of their stomachs; and to indulge them in a mixture of such things in their meals, as are hurtful in themselves, and more particularly so, with regard to their feeble and delicate organs.

To justify this pernicious indulgence, they affirm it is necessary to accustom their stomachs to every kind of food: but this notion is highly absurd, since their stomachs should first be strengthened, in order to make them capable of digesting every sort of food; and crouding indigestible, or very difficult digestible materials into it, is not the way to strengthon it. To make a foal sufficiently strong for future labour, he is exempted from any, till he is four years old; which enables him to submit to considerable work, without being the worse for it. But if, to inure him to fatigue, he should be accustomed immediately from his birth to submit to burdens above his strength, he could never prove any thing but an utter jade.

The application of this to the ſtomach of a child is obvious.

I ſhall add another important remark, and it is this, that the too early work to which ſome children are forced, becomes of real prejudice to the public. Hence families themſelves are leſs numerous, and the more children are removed from their parents, while they are very young, thoſe who are left are the more obliged to work, and very often even at hard labour. Hence they wear out in a manner, before they attain the ordinary term of manhood; they never arrive at their utmoſt ſtrength, or ſtature; and it is too common to ſee a countenance with the look of twenty years, joined to a ſtature of twelve or thirteen.

Secondly, They muſt be frequently bathed in cold water.

Thirdly, They ſhould be moved about, and exerciſed as much as they can bear, after they are ſome weeks old. That ſort of motion they receive in go-carts, or other vehicles, is more beneficial to them, than what they have from their nurſe's arms, becauſe they are in a better attitude in the former; and it heats them leſs in ſummer, which is a circumſtance of no ſmall importance to them; conſiderable heat and ſweat diſpoſing them to be ricketty.

Fourthly, They ſhould be accuſtomed to breathe in the free open air as much as poſſible.

CHAP. XXVII.

Directions with reſpect to Drowned Perſons.

SECT. 272.

WHENEVER a perſon who has been drowned, has remained a quarter of an hour under water, there can be no conſiderable hopes of

of his recovery: the ſpace of two or three minutes in ſuch a ſituation being often ſufficient to kill a man. Nevertheleſs, as ſeveral circumſtances may happen to have continued life, beyond the ordinary term, we ſhould not give them up too ſoon: ſince it has often been known, that after the expiration of two, and ſometimes even of three hours, ſuch bodies have recovered.

Water has ſometimes been found in the ſtomach of drowned perſons; at other times none at all. And, the greateſt quantity which has ever been found in it has not exceeded that, which may be drank without any inconvenience; whence we may conclude, the mere quantity was not mortal; neither is it eaſy to conceive how drowned perſons can ſwallow water. What really kills them is mere ſuffocation, or the interception of air, of the action of breathing; and the water which deſcends into the lungs, and which is determined there, by the efforts they make, to draw breath, after they are under water: (for there does not any water deſcend, either into the ſtomach or the lungs of bodies plunged into water, after they are dead:) this water intimately blending itſelf with the air in the lungs, forms a kind of froth, which entirely deſtroys the functions of the lungs; whence the miſerable ſufferer is not only ſuffocated, but the return of the blood from the head being intercepted, the blood veſſels of the brain are overcharged, and an apoplexy is combined with the ſuffocation.

§ 273. The intention that ſhould be purſued, is that of unloading the lungs and the brain, and of reviving the extinguiſhed circulation. For which purpoſe, we ſhould; 1. Immediately ſtrip the ſufferer; rub him ſtrongly with dry coarſe linen; put him as ſoon as poſſible into a well-heated bed, and continue to rub him a conſiderable time together.

2. A ſtrong and healthy perſon ſhould force his own warm breath into the patient's lungs; and the

the ſmoke of tobacco, if ſome was at hand, by means of a pipe, introduced into the mouth. This being forcibly blown in, by ſtopping the ſufferer's noſtrils cloſe at the ſame time, penetrates into the lungs, and there rarifies that air, which, blended with the water, compoſed the froth. Hence that air becomes diſengaged from the water, recovers its ſpring, dilates the lungs; and, if there remains within, any principle of life, the circulation is renewed.

3. If a ſurgeon is at hand, he muſt open the jugular vein, and let out ten or twelve ounces of blood. Such a bleeding renews the circulation, and removes the obſtruction of the head and lungs: and, it is ſometimes the only veſſel, whence blood will iſſue under ſuch circumſtances. The veins of the feet then afford none; and thoſe of the arm ſeldom: but the jugular almoſt conſtantly.

4. The fume of tobacco ſhould be thrown up, as ſpeedily and plentifully as poſſible, into the inteſtines by the fundament. Two pipes may be well lighted and applied; the extremity of one is to be introduced into the fundament; and the other may be blown through into the lungs.

Any other vapour may alſo be conveyed up, by introducing a *canula*, or any other pipe, with a bladder firmly fixed to it. This bladder is faſtened at its other end to a large tin funnel, under which tobacco is to be lighted. This contrivance has ſucceeded with me upon other occaſions, in which neceſſity compelled me to apply it.

5. The ſtrongeſt volatiles ſhould be applied to the patient's noſtrils. The powder of ſome ſtrong dry herb ſhould be blown up his noſe, ſuch as marjoram, or very well dried tobacco. But theſe means are moſt properly employed after bleeding.

6. As long as the patient ſhews no ſigns of life, he will be unable to ſwallow. But as ſoon as he diſcovers any motion, he ſhould take within one hour, a ſtrong infuſion of *carduus benedictus*, or of camomile flowers ſweetened with honey: and ſuppoſing

ſuppoſing nothing elſe to be had, ſome warm water, with the addition of a little ſalt.

7. Notwithſtanding the ſick diſcover tokens of life, we ſhould not ceaſe to continue our aſſiſtance; ſince they ſometimes expire, after theſe firſt appearances of recovering.

Laſtly, Though they ſhould be manifeſtly reanimated; there ſometimes remains an oppreſſion, a coughing and feveriſhneſs: and then it becomes neceſſary ſometimes to bleed them in the arms; and to give them barley-water plentifully.

§ 274. Having thus pointed out ſuch means as are effectual, I ſhall briefly mention ſome others, which it is the cuſtom to uſe.

1. Theſe unhappy people are ſometimes wrapped up in a ſheep's, or calf's, or a dog's ſkin, immediately flead from the animal: but their operations are more ſlow, and leſs efficacious, than the heat of a well-warmed bed.

2. The method of rolling them in an empty hogs-head is dangerous, and miſpends a deal of important time.

3. That of hanging them up by the feet ought to be wholly diſcontinued. The froth which is one of the cauſes of their death, is too thick and tough to diſcharge itſelf by its own weight. This muſt alſo be hurtful, by its tending to increaſe the overfulneſs of the head and lungs.

At the very time of writing this, two young ducks, who were drowned, have been revived by a dry bath of hot aſhes *. The heat of a dung-heap may alſo be beneficial; and I have been informed, by a ſenſible ſpectator, that it effectually contributed to reſtore life to a man, who had remained ſix hours under water.

* By much the moſt effectual application is common ſalt heated to a conſiderable degree.

CHAP. XXVIII.

Of Subſtances ſtopt between the Mouth and the Stomach.

SECT. 275.

THE food we take in, deſcends from the mouth through a very ſtrait paſſage, the gullet, which joins to the ſtomach.

It happens ſometimes that bodies are ſtopt in this channel, without being able either to deſcend or to return up again.

The danger of ſuch caſes does not depend ſo much on the nature of the obſtructing ſubſtance, as on its ſize, and the manner in which it forms the obſtruction; and frequently the very food may occaſion death; while ſubſtances leſs adapted to be ſwallowed are not attended with any violent conſequences.

§ 276. Whenever any ſubſtance is thus detained in the gullet, there are two ways of removing it; that is, either by extracting it, or puſhing it down. The ſafeſt is to draw it out; but this is not always the eaſieſt: and as the efforts made for this purpoſe greatly fatigue the patient, if the occaſion is urging, it may be eligible to thruſt it down; if there is no danger from the obſtructing bodies reception into the ſtomach.

The ſubſtances which may be puſhed down without danger, are all common nouriſhing ones.

The ſubſtances we ſhould endeavour to draw out, though it be more painful, are all thoſe whoſe conſequences might be dangerous, if ſwallowed. Such are all totally indigeſtible bodies, as cork, linen-rags, wood, ſtones, metals: and more eſpecially if any further danger may be ſuperadded to that of its indigeſtibility, from the ſhape of the ſubſtance

ſubſtance ſwallowed. Wherefore we ſhould chiefly endeavour to extract pins, needles, fiſh, bones, pointed fragments of bones, bits of glaſs, ſciſſars, rings, or buckles.

When ſuch ſubſtances have not paſſed in too deep, we ſhould endeavour to extract them with our fingers. If they are lower, we ſhould make uſe of nippers or a ſmall *forceps*; in caſe of neceſſity they might be made very readily out of two bits of wood. But this attempt to extract rarely ſucceeds, if the ſubſtance has deſcended far.

§ 277. If the fingers and the nippers fail, crotchets, a kind of hooks, muſt be employed.

Theſe may be made at once with a pretty ſtrong iron wire, crooked at the end. It muſt be introduced in the flat way, and for the better conducting of it, there ſhould be another curve or hook at the end it is held by, to ſerve as a kind of handle to it, which has this further uſe, that it may be ſecured by a ſtring tied to it; a circumſtance not to be omitted in any inſtrument employed to avoid ſuch ill accidents as have ſometimes enſued, from theſe inſtruments ſlipping out of the operator's hold.

This crotchet is alſo very convenient, whenever a ſubſtance ſomewhat flexible, as a pin or a fiſh-bone, ſtick, as it were, acroſs the gullet.

§ 278. Another material employed on theſe occaſions is the ſponge. Its property of ſwelling conſiderably, on being wet, is the foundation of its uſefulneſs here.

If any ſubſtance is ſtopt in the gullet, but without filling up the whole paſſage, a bit of ſponge is introduced into that part that is unſtopped, and beyond the ſubſtance. The ſponge ſoon grows larger in this moiſt ſituation, and indeed the enlargement of it may be forwarded, by making the patient ſwallow a few drops of water: and then drawing back the ſponge by the handle it is faſtened to, as it is now too large to return through the ſmall cavity, by which it was conveyed in, it draws out the obſtructing body with it.

Sponge

Sponge is alſo applied in another manner. When there is no room to convey it into the gullet, becauſe the obſtructing ſubſtance groſſes its whole cavity; and ſuppoſing it not hooked into the part, but ſolely detained by the ſtraitneſs of the paſſage, a pretty large bit of ſponge is to be introduced cloſe to the obſtructing ſubſtance: thus applied, the ſponge ſwells, and thence dilates that part of the paſſage that is above this ſubſtance. The ſponge is then withdrawn a little, and but a very little, and this ſubſtance being leſs preſſed upon above than below, it ſometimes happens, that the contraction of the lower part of the paſſage, cauſes that ſubſtance to aſcend; and as ſoon as this firſt looſening of it has happened the total diſengagement of it eaſily follows.

§ 279. When all theſe methods prove unavailable, there remains one more, which is to make the patient vomit; but this can ſcarcely be of ſervice, but when ſuch obſtructing bodies are ſimply engaged in, and not ſtick into the ſides of the oeſophagus; ſince under this latter circumſtance vomiting might occaſion further miſchief.

If the patient can ſwallow, a vomiting may be excited with the preſcription No. 8, or with No. 34, or 35. By this operation a bone was thrown out, which had ſtopped in the paſſage four and twenty hours.

When the patient cannot ſwallow, we may excite him to vomit by twirling about the feathery end of a quill in the bottom of the throat. But, if the obſtructing body ſtrongly compreſſes the whole circumference of the gullet; then no other reſource is left, but giving a clyſter of tobacco. A certain perſon ſwallowed a large morſel of calf's lights, which ſtopped in the middle of the gullet, and exactly filled up the paſſage. A ſurgeon unſucceſsfully attempted various methods to extract it; but another ſeeing the patient's viſage becoming black and ſwelled; and his eyes ready to ſtart, as it were out of his head; cauſed a clyſter of an ounce of tobacco boiled to be thrown up;

up; the conſequence of which was a violent vomiting, which threw up the ſubſtance that was ſo near killing him.

§ 280. When it is more convenient to puſh the obſtructing body downwards, it has been uſual to make uſe of leeks, or of wax candle oiled, and but a very little heated, ſo as to make it flexible; or of a piece of whalebone; or of iron-wire; one extremity of which may be thickened and blunted in a minute with a little melted lead. Small ſticks of ſome flexible wood may be as convenient for the ſame uſe, ſuch as the birch-tree, the hazel, the aſh, the willow. All theſe ſubſtances ſhould be very ſmooth; for which reaſon they are ſometimes covered with a thin bit of ſheep's gut.

§ 281. Should it be impoſſible to extract the bodies mentioned § 276, we muſt prefer the leaſt of two evils, and rather run the hazard of puſhing them down, than ſuffer the patient to periſh in a few moments.

One of theſe four events is always the caſe, after ſwallowing ſuch things. They either, 1. Go off by ſtool; or, 2. They are not diſcharged, and kill the patient. Or elſe, 3. They are diſcharged by urine; or, 4. Are viſibly extruded to the ſkin.

§ 282. I ſhall add ſome general directions.

1. It is often uſual to take a conſiderable quantity of blood from the arm; eſpecially if the patient's breathing is extremely oppreſſed; or when we cannot ſpeedily ſucceed in our efforts to remove the obſtructing ſubſtance; as the bleeding is adapted to prevent the inflammation, which the frequent irritations from ſuch ſubſtances occaſion: and as by its diſpoſing the whole body into a ſtate of relaxation, it might poſſibly procure an immediate diſcharge of the offending ſubſtance.

2. Whenever it is manifeſt that all endeavours, either to extract, or to puſh down the ſubſtance, are ineffectual, they ſhould be diſcontinued; becauſe the inflammation occaſioned by perſiſting in them

them, would be as dangerous as the obſtruction itſelf.

3. While the means already adviſed are making uſe of, the patient ſhould often ſwallow, or if he cannot, he ſhould frequently receive by injection through a crooked tube, that may reach lower down than the *glottis*, warm water, either alone mixed with milk, or a decoction of barley, of mallows, or of bran. A two fold advantage may ariſe from this; firſt, theſe ſoftening liquors ſmooth and ſooth the irritated parts; ſecondly, an injection, ſtrongly thrown in, has often been more ſucceſsful in looſening the obſtructing body, than all attempts with inſtruments.

4. When after all, we are obliged to leave this in the part, the patient muſt be treated as if he had an inflammatory diſeaſe; he muſt be bled, ordered to a regimen, and have his whole neck ſurrounded with emolient poultices. The like treatment muſt be uſed, though the obſtructing ſubſtance be removed; if there is room to ſuppoſe any inflammation left in the paſſage.

5. A proper degree of agitation has ſometimes looſened the inhering body more effectually than inſtruments. It has been experienced that a blow with the fiſt on the middle of the back, has often diſengaged ſuch obſtructing bodies; and I have known two inſtances of patients who had pins ſtopped in the paſſage; and who getting on horſeback to ride out in ſearch of relief at a neighbouring village, found each of them the pin diſengaged after an hour's riding; one ſpat it out, and the other ſwallowed it, without any ill conſequence.

6. When there is an immediate dread of the patient's being ſuffocated; when bleeding him has been of no ſervice; when all hope of freeing the paſſage in time is vaniſhed, and death is ſeemingly at hand; the operation of opening the windpipe, muſt be preſently performed: an operation neither difficult to a tolerably expert ſurgeon, nor very painful to the patient.

7. When

7. When the ſubſtance that was ſtopped paſſes into the ſtomach, the patient muſt immediately be put into a very gentle regimen. He ſhould avoid all ſharp and inflaming food; wine, ſpirituous liquors, all ſtrong drink, and coffee; taking but little nouriſhment at once, and no ſolids without their having been very well chewed. The beſt diet would be that of mealy ſoups, made of various leguminous grains, and of milk and water, which is much better than the common cuſtom of ſwallowing oils.

283. The Author of Nature has provided, that in eating, nothing ſhould paſs by the *glottis* into the windpipe. This misfortune nevertheleſs does ſometimes happen; at which inſtant there enſues an inceſſant cough, an acute pain, with ſuffocation; all the blood being forced up into the head, the patient is in great anguiſh, being agitated with violent motions, and ſometimes dying on the ſpot.

In the caſe thus circumſtanced, the patient ſhould be ſtruck often on the middle of the back; ſome efforts to vomit ſhould be excited; he ſhould be prompted to ſneeze with any cephalic ſnuff, which ſhould be blown ſtrongly up his noſe.

If all theſe methods are ineffectual, *bronchotomy* muſt ſpeedily be performed. By this operation, ſome bones, a bean, and a fiſh-bone have been extracted, and the patient has been delivered from approaching death.

When the *oeſophagus* is ſo fully and ſtrongly cloſed, that the patient can receive no food by the mouth, he is to be nouriſhed by clyſters of ſoup, gelly, and the like, or by ſlices of raw fleſh applied to the pit of the ſtomach.

CHAP.

CHAP. XXIX.

Of external diſorders, and ſuch as require chirurgical applications.

SECT. 284.

Of BURNS.

WHEN a burn is trifling, it is ſufficient to clap a compreſs of ſeveral folds of ſoft linen upon it, dipped in cold water, and to renew it every quarter of an hour, till the pain is entirely removed. But when the burn has bliſtered, a compreſs of very fine linen, ſpread over with the pomatum No. 64, ſhould be applied over it, and changed twice a day.

If the true ſkin is burnt, and even the fleſh under it be injured, the ſame pomatum may be applied; but inſtead of a compreſs, it ſhould be ſpread upon a pledget of ſoft lint, to be applied very exactly over it, and over the pledget again, a ſlip of the ſimple plaiſter, No. 64, which every body may eaſily prepare; or, if they would prepare it, the plaiſter No. 66.

But, beſides this, whenever the burn has been very violent, and is highly inflamed, the ſame means muſt be recurred to, which are uſed in violent inflammations: the patient ſhould be bled, put into a regimen, and drink nothing but the ptiſans No. 2, and 4.

If the ingredients for the ointment, called *nutritum*, are not at hand to make the pomatum No. 64; one part of wax ſhould be melted in eight parts of oil, to two ounces of which mixture, the yolk of an egg ſhould be added. A ſtill more ſimple application, is that of one egg, both the yolk and the white beat up with two common ſpoonfuls of the ſweeteſt oil, without any rankneſs.

neſs. When the pain of the burn, and all its other ſymptoms have nearly diſappeared, it is ſufficient to apply the oil-cloth No. 66.

Of WOUNDS.

§ 285. If a wound has penetrated into any of the cavities, and has wounded any part contained in the breaſt, or in the belly: or if it has opened ſome great blood veſſel; or has wounded a conſiderable nerve, there is an abſolute neceſſity of calling in a ſurgeon. But when the wound affects only the fleſhy parts and the ſmall veſſels, it may be eaſily dreſſed without ſuch aſſiſtance; ſince, in general, all that is neceſſary in ſuch caſes is, to defend the wound from the impreſſions of the air; yet not ſo as to give any material obſtruction to the diſcharge of the matter that is to iſſue from it.

§ 286. If the blood does not flow out of any conſiderable veſſel, but trickles almoſt equally from every ſpot of the wound, it may be permitted to bleed, while ſome lint is ſpeedily preparing. As ſoon as the lint is ready, ſo much of it may be introduced into the wound as will nearly fill it, without being forced in. It ſhould be covered over, with a compreſs dipped in ſweet oil: and the whole dreſſing ſhould be kept on, with a bandage of two fingers breadth, rolled on tight enough to ſecure the dreſſings, and yet ſo moderately, as to bring on no inflammation.

This bandage with theſe dreſſings are to remain on twenty-four or forty eight hours; wounds being healed the ſooner, for being leſs frequently dreſſed. At the ſecond dreſſing all the lint muſt be removed; but if any of it ſhould ſtick cloſe, in conſequence of the dried blood, it ſhould be left behind, adding a little freſh lint to it; this dreſſing in other reſpects exactly reſembling the firſt.

When, from the continuance of this ſimple dreſſing, the wound is become very ſuperficial, it is

is ſufficient to apply the plaiſter, without any lint.

§ 287. When the wound is conſiderable, it muſt be expected to inflame before ſuppuration can enſue; which inflammation will be attended with pain, with a fever, and ſometimes with raving too. In ſuch a ſituation, a poultice of bread and milk, with the addition of a little oil, that it may not ſtick too cloſe, muſt be applied inſtead of the compreſs: which poultice is to be changed, but without uncovering the wound, three or four times every day.

§ 288. Should ſome pretty conſiderable blood-veſſel be opened by the wound, there muſt be applied over it, a piece of agaric of the oak, No. 67. It is to be kept on, by applying a good deal of lint over it; covering the whole with a thick compreſs, and then with a bandage a little tighter than uſual. If this ſhould not be ſufficient to prevent bleeding, and the wound be in the leg or arm, a ſtrong ligature muſt be made above the wound with a turniquet, which is made in a moment with a ſkain of thread, or of hemp, that is paſſed round the arm circularly, into the middle of which is inſerted a piece of wood or ſtick of an inch thickneſs, and four or five inches long; ſo that turning round this piece of wood, any tightneſs or compreſſion may be effected at pleaſure. But care muſt be taken; 1. To diſpoſe the ſkain in ſuch a manner, that it muſt always be two inches wider than the part it ſurrounds: And, 2. Not to ſtrain it ſo tight as to bring on an inflammation.

§ 289. All the boaſted virtues of a multitude of ointments are downright nonſenſe or quackery.

Spirituous applications are commonly hurtful, and can be proper but in a few caſes, which phyſicians and ſurgeons only can diſtinguiſh.

When wounds occur in the head, inſtead of the compreſs dipped in oil, the wound ſhould be covered with a betony plaiſter; when none is to be

be had in time, with a compreſs ſqueezed out of hot wine.

When the wound has penetrated to ſome internal part, no remedy is more certain than that of an extremely light diet. Such wounded perſons as have been ſuppoſed incapable of living many hours, after wounds in the breaſt, in the belly, or in the kidnies, have been compleatly recovered, by living for ſeveral weeks on nothing but barley, or other mealy ptiſans, without ſalt, without ſoup, without any medicine; and eſpecially without the uſe of any ointments.

Of Bruiſes, and Strains.

§ 290. In a contuſion, happening to any inward part, the blood is either internally effuſed, or the circulation wholly obſtructed in ſome vital organ. This is the cauſe of the ſudden death of perſons after a violent fall; or of thoſe who have received the violent force of the bodies on their heads; or of ſome violent ſtrokes, without any evident external hurt or mark.

When the accident has occurred in a ſlight degree, and there has been no great or general ſhock, external applications may be ſufficient. Theſe ſhould conſiſt of ſuch things as are adapted, firſt, to attenuate and reſolve the effuſed blood: and, ſecondly, to reſtore the tone, and to recover the ſtrength of the affected veſſels.

The beſt application is vinegar, diluted, if very ſharp, with twice as much warm water; in which mixture folds of linen are to be dipped, within which the contuſed parts are to be involved; and theſe folds are to be re-moiſtened and re-applied every two hours on the firſt day.

Parſley, chervil, and houſeleek leaves, lightly pounded, have been ſucceſsfully employed; and theſe applications are preferable to vinegar, when a wound is joined to the bruiſe.*

* But nothing is equal to electrifying.

§ 291. It has been a common practice immediately to apply ſpirituous liquors, ſuch as brandy or arquebuſade water. But theſe liquids, which coagulate the blood inſtead of reſolving it, are truly pernicious.

It is ſtill a more pernicious practice to apply, in bruiſes, plaiſters compoſed of greaſy ſubſtances, roſins, gums, or earths. The moſt boaſted of theſe is always hurtful, and there have been many inſtances of very ſlight contuſions being aggravated into gangrenes by ſuch plaiſters; which bruiſes would have been entirely ſubdued by the œconomy of nature, if left to herſelf, in the ſpace of four days.

Thoſe ſuffuſions of coagulated blood, which are viſible under the ſkin, ſhould never be opened, ſince they inſenſibly diſſipate; inſtead of which by opening them, they ſometimes terminate in a dangerous ulceration.

§ 292. The internal treatment of contuſions is exactly the ſame with that of wounds; only that in theſe caſes the beſt drink is the preſcription, No. 1, to three pints of which a drachm of nitre muſt be added.

When any perſon has got a violent fall; has loſt his ſenſes, or is become ſtupid; when the blood ſtarts out of his noſtrils, or his ears; when he is greatly oppreſſed, or his belly feels very tight, which imports an effuſion of blood either into the head, the breaſt or the belly, he muſt firſt of all, be bled upon the ſpot, and the means muſt be recurred to, which have been mentioned § 289, giving the patient the leaſt poſſible motion; and by all means avoiding to jog or ſhake him, which would be directly killing him, by cauſing a farther effuſion of blood. Inſtead of this, the whole body ſhould be fomented, with ſome one of the decoctions already mentioned; and when the violence has been chiefly impreſſed on the head, wine and water ſhould be preferred to vinegar.

Falls

Falls attended with wounds, and even a fracture of the ſkull, and with the moſt alarming ſymptoms, have been cured by theſe internal remedies, and without any other external aſſiſtance, except the uſe the of aromatic fomentation, No. 68.

It is proper, in all conſiderable bruiſes, to open the patient's belly with a mild cooling purge, ſuch as No. 11, 23, 32, 49. The preſcription No. 24, and the honeyed whey, are excellent remedies.

§ 293. In theſe circumſtances, wine, diſtilled ſpirits, and whatever has been ſuppoſed to revive, is mortal. We ſhould not be too impatient, becauſe the patients remain ſome time without ſenſe or feeling. Turpentine is more likely to do miſchief than good; ſo is ſpermaceti, dragons blood, crabs-eyes, and ointments of whatever ſort.

§ 294. When an aged perſon gets a fall, though he ſhould not ſeem in the leaſt incommoded by it, if he is ſanguine he ſhould part with three or four ounces of blood. He ſhould take immediately a few ſucceſſive cups of tea ſweetened with honey, and ſhould move gently about. He muſt retrench a little from the uſual quantity of his food, and accuſtom himſelf to very gentle, but very frequent exercife.

§ 295. Sprains or wrenches ſhould be treated as a contuſion.*

The beſt remedy in this caſe is abſolute reſt, after applying a compreſs moiſtened in vinegar and water, which is to be renewed and continued till the marks of the contuſion entirely diſappear. Then indeed, and not before, a little brandy, or arquebuſade water may be added to the vinegar: and the part ſhould be ſtrengthened and ſecured for a conſiderable time with a bandage; as it might otherwiſe be liable to freſh ſprains, which would daily more and more enfeeble it: and if this evil is overlooked in its infancy, the part never recovers its full ſtrength; and a ſmall

* Electrifying cures all ſorts of ſprains alſo.

ſwelling often remains to the end of the patient's life.

If the ſprain is moderate, a plunging of the part into cold water is excellent; but if this is not done immediately after the ſprain, or if the contuſion is violent, it is hurtful.

Of Ulcers.

296. When ulcers ariſe from a fault of the blood, it is impoſſible to cure them without deſtroying the cauſe.

Rancid oils are one of the cauſes, which change the moſt ſimple wounds into obſtinate ulcers.

What diſtinguiſhes ulcers from wounds, is the dryneſs and hardneſs of the ſides of ulcers, and the humours diſcharged from them; which inſtead of being ripe conſiſtent matter, is a liquid, of a diſagreeable ſcent, and ſo ſharp, that if it touch the adjoining ſkin, it produces redneſs or inflammation.

Sometimes the hardneſs is ſo obſtinate, that it cannot be molified, but by ſcarifying the edges with a lancet. But when it may be effected by other means, let a pledget ſpread with the ointment, No. 69, be applied all over the ulcer; and this pledget be covered again with a compreſs of ſeveral folds, moiſtened in the liquid No. 70. which ſhould be renewed three times daily; though it is ſufficient to apply a freſh pledget only twice.

To forward the cure, ſalted food, ſpices, and ſtrong drink ſhould be avoided; the quantity of fleſh-meat ſhould be leſſened; and the body be kept open by a regimen of pulſe, of vegetables, and by the habitual uſe of whey ſweetened with honey.

If the ulcers are in the legs, it is of great importance, as well as in wounds of the ſame parts, that the patient ſhould walk about but little; and yet never ſtand up without walking. Negligence, in this material point, changes the ſlighteſt wounds

wounds into ulcers, and the moſt trifling ulcers into incurable ones.

Of Frozen Limbs.

§ 297. It is common in rigorous winters, for ſome perſons to be pierced ſo with cold, that their hands or feet are frozen juſt like a piece of fleſh-meat expoſed to the air.

If the perſon attempts to warm the parts that have been frozen, his caſe proves irrecoverable. Intolerable pains are the conſequence, which are ſpeedily attended with an incurable gangrene; and there is no means left to ſave the patient's life, but by cutting off the gangrened limbs.

There is but one certain remedy in ſuch caſes; and this is to convey the perſon into ſome place where it does not freeze, but where it is but moderately warm, and there continually to apply to the frozen parts, ſnow if it be at hand; and if not, to keep waſhing them inceſſantly, but very gently, (ſince all friction would at this juncture prove dangerous,) in ice-water, as the ice thaws in the chamber. By this application the patients will be ſenſible of their feeling's returning very gradually to the part. In this ſtate they may ſafely be moved into a place a little warmer, and drink ſome cups of the potion No. 13, or of any other of the like quality.

Every perſon may be a judge of the danger of attempting to relieve ſuch parts by heating of them, and of the uſe of ice-water by daily experience. Frozen pears, apples, or radiſhes, being put into water juſt about to freeze, recover their former ſtate, and prove eatable. But if they are put into warm water, or into a hot place, rottenneſs, which is a ſort of gangrene, is the immediate effect.

§ 298. When cold weather is extremely ſevere, and a perſon is expoſed to it for a long time at once, it proves mortal in conſequence of its congealing the blood, and forcing too great a portion

of it up to the brain; ſo that the patient dies of a kind of apoplexy, which is preceded by a ſleepineſs. In this circumſtance, the traveller, who finds himſelf drowſy, ſhould redouble his efforts to move. For this ſleep would prove his laſt.

The remedies in ſuch caſes are the ſame with thoſe directed in frozen limbs. The patient muſt be conducted to an apartment rather cold than hot, and be rubbed with ſnow or with ice-water.

And ſince it is known that many people have revived, who had remained in the ſnow, or had been expoſed to the freezing air during five, or even ſix days, and who had diſcovered no mark of life for ſeveral hours, the utmoſt endeavours ſhould be uſed for the recovery of perſons in the like circumſtances.

Of Kibes, *or* Chilblains.

§ 299. Theſe begin with a kind of ſwelling, which, at firſt, occaſions a heat, pain, or itching. Sometimes they go off without any application: but at other times their heat, itching and pain, increaſe; ſo that the patient is often deprived of the free uſe of his fingers by the pain, ſwelling, and numbneſs.

Whenever the inflammation mounts to a ſtill higher degree, ſmall bliſters are formed, which are not long without burſting: they leave a rawneſs, as it were, which ſpeedily ulcerates, and frequently proves a deep and obſtinate ulcer.

§ 300. In this caſe the veins, which are more ſuperficial than the arteries, being more affected and ſtraitened by the cold, do not carry off all the blood communicated to them by the arteries; perhaps alſo the particles of cold, which are admitted through the pores, may act upon our fluids, as it does upon water, and occaſion a congelation of them, or a conſiderable approach towards it.

Kibes

Kibes occur moſt frequently to children from their weakneſs and the greater tenderneſs of their organs. It is the frequent and ſtrong alteration from heat to cold, that contributes the moſt powerfully to produce them; and this effect of it is moſt conſiderable, when the heat of the air is at the ſame time blended with moiſture; whence the extreme and ſuperficial parts paſs ſuddenly, as it were, out of a hot into a cold bath. A man of ſixty years of age, who never before was troubled with kibes, having worn, for ſome hours on a journey, a pair of furred gloves in which his hands ſweated, felt them very tender, and found them ſwelled up with blood. This man, was at that age firſt attacked with chilblains, which proved extremely troubleſome; and he was every ſucceeding winter infeſted with them, within half an hour after he left off his gloves, and was expoſed to a very cold air.

Chilblains which attack the noſe, often leave a mark that alters the phyſiognomy, the aſpect of the patient, for the remainder of his life: and the hands of ſuch as have ſuffered from very obſtinate ones, are commonly ever ſenſible of their conſequences.

§ 301. We ſhould firſt do our utmoſt to prevent them: and next endeavour to cure ſuch as we could not prevent.

Since they manifeſtly depend on the ſenſibility of the ſkin, the nature of the humours, and the changes of the weather from heat to cold, in order to prevent them, firſt, The ſkin muſt be rendered firmer. 2. That vicious quality of the temperament muſt be corrected. And 3. The perſons ſo liable muſt guard themſelves as well as poſſible again theſe changes of weather

Now the ſkin of the hands, as well as that of the whole body, may be ſtrengthened by waſhing or bathing in cold water. And in fact, I have never ſeen children, who had been early accuſtomed to this, as much afflicted with chilblains as others. But a more particular regard ſhould be

had to the ſkin of the hands, which are more obnoxious to this diſorder than the feet, by making children dip them in cold water, and keep them for ſome moments together in it every morning, and every evening too before ſupper, from the very beginning of the fall. It will give the children no pain, during that ſeaſon, to contract this habit: and when it is once contracted, it will give them no trouble to continue it throughout the winter. They may alſo be habituated to plunge their feet into cold water twice or thrice a week; and this method, which might be leſs adapted for grown perſons, muſt be without objection, with reſpect to ſuch children as have been accuſtomed to it; in whom all its conſequences muſt be uſeful and ſalutary.

§ 302. But then further; 1. The children muſt be taught never to warm their hands before the fire. 2. They ſhould never accuſtom themſelves to wear muffs. They ſhould never uſe gloves, unleſs ſome particular circumſtance require it: but if any, let the gloves be thin and ſmooth.

§ 303. The firſt degree of this complaint goes off, as I have ſaid, without the aid of medicine. But when they riſe to the ſecond degree, they muſt be treated like other complaints from congelation, with cold water, ice-water, and ſnow.

No other medicine is ſo efficacious as very cold water, ſo as to be ready to freeze, in which the hands are to be dipped and retained for ſome minutes together, and ſeveral times daily. In ſhort, it is the only remedy which ought to be applied, when the patient has the courage to bear it. It is the only application I have uſed for myſelf, after having been attacked with chilblains for ſome years paſt, from having accuſtomed myſelf to a muff.

There enſues a ſlight pain for ſome moments after plunging the hand into water, but it diminiſhes gradually. On taking the hand out, the fingers are numbed with the cold, but they preſently

ſently grow warm again; and within a quarter of an hour, it is entirely over.

The hands, on being taken out of the water, are to be well dried, and put into thin gloves; after bathing three or four times, their ſwelling ſubſides, ſo that the ſkin wrinkles; but, by continuing the cold bathing, it grows tight and ſmooth again; the cure is compleated after uſing it three or four days; and the diſorder ſeldom returns the ſame winter.

The moſt troubleſome raging itching is certainly aſſuaged by plunging the hands into cold water.

The effect of ſnow is, perhaps ſtill more ſpeedy; the hands are to be gently and often rubbed with it for a conſiderable time; they grow hot, and are of a very high red for ſome moments, but perfect eaſe quickly ſucceeds.

Nevertheleſs, a very ſmall number of perſons, who have extremely delicate ſkins, do not experience the efficacy of this application. It ſeems too active for them; it affects the ſkin like a bliſter, and increaſes inſtead of leſſening the complaint.

§ 304. When this laſt reaſon, or ſome other circumſtances, ſuch as the child's want of courage; the monthly diſcharges in a woman; a violent cough; habitual colics; forbid this application, ſome others muſt be ſubſtituted.

One of the beſt is to wear, day and night, without ever putting it off, a glove made of ſome ſmooth ſkin, ſuch as that of a dog; which ſeldom fails to extinguiſh the diſorder in ſome days time.

When the feet have chilblains, ſocks of the ſame ſkin ſhould be worn; and the patient muſt keep his bed for ſome days.

§ 305. When the diſorder is violent, the uſe of cold water prohibited, and the gloves juſt recommended, have but a ſlow effect, the diſeaſed parts ſhould be moiſtened ſeveral times a day, with ſome decoction, rather more than warm;

which at the ſame time ſhould be diſſolving and emolient. Such is that celebrated decoction of the ſcrapings of the peel of radiſhes, whoſe efficacy is ſtill further increaſed, by adding one ſixth part of vinegar to the decoction.

As ſoon as the hands are taken out of theſe decoctions, they muſt be defended from the air by dog-ſkin gloves.

§ 306. Vapours or ſteams are often more efficacious than decoctions; whence inſtead of dipping the hands into theſe already mentioned, we may expoſe them to their vapours, with ſtill more ſucceſs. That of hot vinegar is one of the moſt powerful remedies. It may be needleſs to add, that the affected parts muſt be defended from the air, as well after the ſteams as the decoctions.

When the diſtemper is ſubdued by the uſe of bathings or ſteams, which make the ſkin ſupple and ſoft, then it ſhould be ſtrengthened by waſhing the parts, with a little camphorated brandy, dilated with an equal quantity of water.

§ 307. When the noſe is affected with a chilblain, the ſteam of vinegar, and a covering for it, made of dog-ſkin, are the moſt effectual applications. The ſame treatment is proper for the ears and the chin, when infeſted with them. Frequently waſhing thoſe parts in cold water, is a good preſervative.

§ 308. Whenever the inflammation riſes high, and brings on ſome degree of fever, the patient's uſual quantity of ſtrong drink and of fleſh meat muſt be leſſened; his body ſhould be kept open; he ſhould take every evening a doſe of nitre as preſcribed No. 20; and if the fever prove ſtrong, loſe ſome blood.

As many as are troubled with obſtinate chilblains, muſt be denied the uſe of ſtrong liquor and fleſh.

When the parts are ulcerated, beſides keeping the patients ſtrictly to the regimen of perſons in a way of recovery, and giving them a purge of manna, the ſwelled parts ſhould be expoſed to the ſteams

ſteams of vinegar; the ulcerations ſhould be covered with a diapalma plaiſter; and the whole part ſhould be inveloped in a ſmooth ſoft ſkin, or in thin cere-cloths.

Of RUPTURES.

§ 309. Ruptures ſometimes occur at the very birth, though more frequently they are the effects of violent crying, of a ſtrong forcing cough, or of repeated efforts to vomit, in the firſt months of infancy.

They may happen afterwards at every age, either as conſequences of particular maladies, or accidents. They happen much oftener to men than women; and the moſt common ſort, the only one of which I propoſe to treat is that which conſiſts in the deſcent of a part of the guts or of the cawl, into the ſcrotum.

When it occurs in little children, it is almoſt ever cured by making them conſtantly wear a bandage, which ſhould be made only of fuſtian, with a little pillow or pincuſhion, ſtuffed with linen-rags, hair, or bran. There ſhould be at leaſt two of theſe bandages, to change them alternately: nor ſhould it ever be applied, but when the child is laid on its back, and after being well aſſured that the gut or the cawl, has been ſafely returned into the cavity of the belly, ſince without this precaution it might occaſion the worſt conſequences.

The good effect of this bandage may be farther promoted, by applying upon the ſkin, and within the plat or fold of the groin, ſome ſtrengthening plaiſter, ſuch as that mentioned § 144.* Here we may obſerve, that ruptured children ſhould never be ſet on a horſe, nor carried by any perſon on horſe-back, before the rupture is perfectly cured.

* Strengthening Plaiſter, in the laſt Part of Diſorders of the Teeth.

§ 310. In a more advanced age, a bandage of fuſtian is not ſufficient; one muſt be procured with a plate of ſteel, even ſo as to conſtrain and incommode the wearer a little at firſt: nevertheleſs, it ſoon becomes habitual, and is then no longer inconvenient.

Ruptures ſometimes attain a monſtrous ſize: and a great part of the guts fall down into the *ſcrotum*. In this ſtate, the application of the truſs is impracticable, and the patients are condemned to carry their burden for the remainder of their lives; which may, however, be palliated a little by the uſe of a ſuſpenſory and bag, adapted to the ſize of the rupture.

§ 311. When the part of the bowels which is fallen down inflames, the beſt means are, 1. As ſoon as ever this appears, to bleed the patient very plentifully, as he lies down in his bed, and upon his back, with his head a little raiſed, and his legs ſomewhat bent, ſo that his knees may be erect. This is the poſture they ſhould always preſerve as much as poſſible. When the malady is not too far advanced, the firſt bleeding often makes a complete cure; and the guts return up as ſoon as it is over. At other times this bleeding is leſs ſucceſsful, and leaves a neceſſity for its repetition.

2. A clyſter muſt be thrown up conſiſting of a ſtrong decoction of the large white beet-leaves, with a ſmall ſpoonful of common ſalt, and a piece of freſh butter of the ſize of an egg.

3. Folds of linen dipt in ice-water muſt be applied all over the tumour, and renewed every quarter of an hour. This remedy, when immediately applied, has produced the moſt happy effects; but if the ſymptom has endured violently more than ten or twelve hours, it is often too late to apply it; and then it is better to make uſe of flannels dipt in a warm decoction of mallow and elder-flowers, ſhifting them frequently. It has been known however, that ice-water, or ice itſelf has ſucceeded as late as the third day*.

4. When

* Pieces of ice applied between two pieces of linen, directly upon the rupture, as ſoon as poſſible after its firſt appearance, is

4. When these endeavours, are insufficient, clysters of tobacco smoke must be tried, which has often cured ruptures, when every thing else has failed.

Of Boils.

§ 312. Whenever their inflammation is very considerable; when there are a great many of them at once, and they prevent the patient from sleeping, it becomes necessary to enter them into a cooling regimen; and to make them drink plentifully of the ptisan No. 2.

Should the inflammation be very high, a poultice of bread and milk, or of sorrel a little boiled and bruised, must be applied to it. But if the inflammation is moderate, a plaister of the simple diachylon, may be sufficient.

The boil, commonly terminates in suppuration, of a singular kind. It breaks open at first on its top, when some drops of a *pus* come out, after which the core of it, may be discerned: which may be drawn out entirely in the shape of a small cylinder. The emission of this core, is commonly followed by the discharge of liquid matter. As soon as this discharge is made, the pain goes entirely off; and the swelling disappears at the end of a few days, by continuing to apply the simple diachylon.

Of Felons, or Whitlows.

§ 313. The danger of these small tumours is much greater than is generally supposed. It is

one of those extraordinary remedies, which we should never hesitate to make immediate use of. We may be certain by this application, if the rupture is simple, and not complicated from some aggravating cause, to remove speedily, and with very little pain, a disorder that might be attended with the most dreadful consequences. But the continuance of this application must be proportioned to the strength of the person ruptured, which may be sufficiently estimated by the pulse.

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an inflammation at the end of a finger, which is often the effect of a small quantity of humour extravasated; whether this has happened in consequence of a bruise, a sting, or a bite. At other times, it has resulted from no external cause, but is the effect of some inward one.

This disorder begins with a slow heavy pain, attended by a slight pulsation; but in a little time, the pain, heat, and pulsation or throbbing become intolerable. The part grows large and red; the adjoining fingers and the whole hand often swelling up. In some cases, a kind of red streak, beginning at the affected part, is continued almost to the elbow; neither is it unusual for the patients to complain of a very sharp pain under the shoulder; and sometimes the whole arm is excessively inflamed and swelled. The sick have not a wink of sleep, the fever and other symptoms quickly increasing. Indeed, if the distemper rises to a violent degree, a *delirium* and convulsions supervene.

This inflammation of the finger determines, either in a suppuration, or in a gangrene. When the last of these occurs, the patient is in great danger, if he is not speedily relieved; and it has proved necessary more than once to cut off the arm, for the preservation of his life. When suppuration is affected, if the matter lies very deep, the bone is often carious and lost. But how gentle soever the complaint has been, the nail generally falls off.

§ 314. The internal treatment in whitlows, is the same with that in other inflammatory distempers. The patient must enter upon a regimen more or less strict, in proportion to the degree of the fever: and if this runs very high, and the inflammation be very considerable, there may be a necessity for several bleedings.

The external treatment consists in allaying the inflammation; in softening the skin; and in procuring a discharge of the matter, as soon as it is formed. For this purpose,

1. The

1. The finger affected is to be plunged, as soon as the disorder is manifest, in water a little more than warm: the steam of boiling water may also be admitted to it; and by doing these things almost constantly for the first day, a total dissipation of the malady has often been obtained. But unhappily it is commonly neglected till the disorder has greatly advanced: in which state, suppuration becomes absolutely necessary.

2. This suppuration may be forwarded, by involving the finger, with a cataplasm of bread and milk. This may be rendered still more active, by adding a few white lily roots, or a little honey. But this last must not be applied before the inflammation is somewhat abated, and suppuration begins; before which term, all applications are very dangerous. At this time, yeast or leaven may be advantageously used, which powerfully promotes suppuration.

A speedy discharge of the ripe matter is of considerable importance, but this particularly requires the attention of the surgeon: as it is not proper to wait till the tumour breaks; and this the rather, as from the skin's proving sometimes extremely hard, the matter might be inwardly effused between the muscles, and upon their membranes, before it could penetrate through the skin. For this reason, as soon as matter is suspected to be formed, a surgeon should be called in, to determine exactly on the time, when an opening should be made; which had better be performed a little too soon than too late; and a little too deep, than not deep enough.

When the orifice has been made, and the discharge effected, it is to be dressed with the plaister No. 66, spread upon linen, or with the cerecloth; and these dressings are to be repeated daily.

§ 315. When the whitlow is caused by a humour extravasated very near the nail, an expert surgeon cures it effectually by an incision which lets out the humour. Yet, notwithstanding this operation

operation is no ways difficult, all ſurgeons are not qualified to perform it, and but too many have no idea at all of it.

Proud fleſh, ſometimes appears during the healing of the inciſion. Such may be kept down with ſprinkling a little red lead, or burnt allum over it. But if a *caries*, or rottenneſs of the bone, ſhould be a conſequence, there is a neceſſity for a ſurgeon's attendance.

Of Thorns, Splinters, or other pointed Subſtances piercing into the Skin, or Fleſh.

§ 316. If ſuch ſubſtances are immediately and entirely extracted, the accident is generally attended with no bad conſequences; though more certainly to obviate any ſuch, compreſſes of linen dipped in warm water may be applied to the part. But if any ſuch body cannot be directly extracted, or if a part of it be left within, it cauſes an inflammation, which ſoon produces the ſame ſymptoms as a whitlow: or if it happens in the leg, it inflames and forms a conſiderable abſceſs there.

§ 317. To prevent this, if the penetrating ſubſtance is ſtill near the ſurface, and an expert ſurgeon is at hand, he muſt immediately make a ſmall inciſion, and extract it. But if the inflammation were already formed, this would be uſeleſs, and even dangerous.

When the inciſion, is improper, there ſhould be applied to the affected part, (after conveying the ſteam of ſome hot water into it) a poultice of the crumb of bread, milk, and oil.

It is abſolutely neceſſary, that the injured part ſhould be kept in the eaſieſt poſture, and as immoveable as poſſible.

If ſuppuration has not been prevented, the abſceſs ſhould be opened as ſoon as ever matter is formed.

formed. I have known very troublesome events from its being too long delayed.

Of Warts.

§ 318. Warts are sometimes the effects of a particular fault in the blood, which extrudes a surprizing quantity of them. This happens to some children, from four to ten years old, and especially to those who feed most plentifully on milk. They may be removed by a moderate change of their diet, and the pills prescribed No. 18.

But they are more frequently an accidental disorder of the skin, arising from some external cause.

In this last case, if they are very troublesome in consequence of their great size, their situation, or their long standing, they may be destroyed, 1. By tying them closely with a silk-thread, or with a strong flaxen one waxed. 2. By cutting them off with sharp scissars, and applying a plaister of diachylon, with the gums, over the cut wart, which brings on a small suppuration that destroys the root of the wart: and, 3. By drying, or, as it were, withering them up, by some moderately corroding application, such as that of the milky juice of fig-leaves, or of spurge. But people who have very delicate skins should not make use of them, as they may occasion a painful swelling. Strong vinegar charged with as much common salt as it will dissolve, is a very proper application to them. A plaister may also be composed from sal ammoniac and some galbanum, which, being kneaded up well together and applied, seldom fails of destroying them.

Wens, if of a pretty considerable size and duration, are incurable by any other remedy, except amputation.

Of Corns.

§ 319. The general causes of corns, are shoes either too hard and stiff, or too small.

The

The whole cure conſiſts in ſoftening the corns by repeated waſhings and ſoakings of the feet in pretty hot water; then in cutting them, when ſoftened, with a penknife or ſciſſars, without wounding the ſound parts, and next in applying a leaf of houſeleek, of ground-ivy, or of purſlain dipt in vinegar, upon the part. Inſtead of theſe leaves, if any perſon will give himſelf the little trouble of dreſſing them every day, he may apply a plaiſter of ſimple diachylon, or of gum ammoniacum ſoftened in vinegar.

The increaſe or return of corns can only be prevented, by avoiding the cauſes that produce them.

CHAP. XXX.

Of SWOONINGS

SECT. 220.

THERE are various kinds of ſwooning, or fainting away; the ſlighteſt is that in which the patient perceives and underſtands, yet without the power of ſpeech. This happens frequently to vapouriſh perſons, and without any obſervable alteration of the pulſe.

If the patient totally loſes ſenſation and underſtanding, with a very conſiderable ſinking of the pulſe, this is called a *ſyncope*, and is the ſecond degree of ſwooning.

But if this *ſyncope* is ſo violent, that the pulſe ſeems entirely extinguiſhed; without any perceivable breathing; with a manifeſt chilineſs of the whole body; and a wan livid countenance, it conſtitutes a third degree, which is the true image of death.

Swoonings

Swoonings reſult from different cauſes, of which I ſhall enumerate the principal and theſe are, 1. Too large a quantity of blood. 2. A defect of it, and a great weakneſs. 3. A load at, and violent diſorders of the ſtomach. 4. Nervous maladies. 5. The paſſions: and 6. Some kind of diſeaſes.

Of Swoonings occaſioned by Exceſs of Blood.

§ 321. An exceſſive quantity of blood is frequently a cauſe of ſwooning; and it may be inferred that it is owing to this cauſe, when it attacks ſanguine, hearty perſons; and more eſpecially when it attacks them, after being combined with any additional cauſe, that ſuddenly increaſed the motion of the blood; ſuch as heating meats or drinks, wine, ſpirituous liquors; ſmaller drinks, if taken very hot and plentifully, ſuch as coffee, tea, or balm-tea, a long expoſure to the hot ſun, or being detained in a very hot place; much and violent exerciſe; intenſe ſtudy or application, or ſome exceſſive paſſion.

In ſuch caſes firſt of all the patient ſhould be made to ſmell, or even ſnuff up ſome vinegar; and his forehead, his temples, and his wriſts ſhould be bathed with it; adding an equal quantity of warm water, if at hand. Bathing them with diſtilled or ſpirituous liquids would be prejudicial in this kind of ſwooning.

2. The patient ſhould be made, if poſſible, to ſwallow two or three ſpoonfuls of vinegar, with four or five times as much water.

3. The patient's garters ſhould be tied very tight above his knees; as by this means a greater quantity of blood is retained in the legs, whence the heart may be leſs overladen with it.

4. If the fainting proves obſtinate, that is, if it continues longer than a quarter of an hour, or degenerates into a *ſyncope*, an abolition of feeling and

and underſtanding, he muſt be bled in the arm, which quickly revives him.

5. After the bleeding, the patient ſhould be kept ſtill and calm, only letting him drink, every half hour, ſome cups of elder-flower-tea, with the addition of a little ſugar and vinegar.

When ſwoonings, which reſult from this cauſe, occur frequently in the ſame perſon, he ſhould, in order to eſcape them, purſue the directions I ſhall mention § 354.

The very ſame cauſes, which occaſion theſe ſwoonings, frequently produce violent palpitations, preceding or following them.

Of Swoonings occaſioned by Weakneſs.

§ 322. If too great a quantity of blood is ſometimes the cauſe of ſwooning, it is oftener the effect of a contrary cauſe, want of blood.

This ſort of ſwooning happens after great diſcharges of blood; after ſudden or exceſſive evacuations, or ſuch as are more ſlow, but of longer duration, as, for inſtance, after an inveterate purging, exceſſive ſweats; a flood of urine; ſuch exceſſes as tend to exhauſt nature; obſtinate wakefulneſs; a long inappetency, which, by depriving the body of its neceſſary ſuſtenance, is attended with the ſame conſequence as profuſe evacuations.

Theſe different cauſes of ſwooning ſhould be oppoſed by the remedies adapted to each. But the aſſiſtances that are neceſſary at the time of ſwooning, are nearly the ſame for all caſes of this claſs: firſt, the patients ſhould be laid on a bed, and being covered, ſhould have their legs and thighs, their arms and their whole bodies rubbed pretty ſtrongly with hot flannels; and no ligature ſhould remain on any part of them.

2. They ſhould have very ſpirituous things to ſmell or ſnuff up, ſuch as Hungary water, ſpirit of

of ſal-ammoniac, ſtrong ſmelling herbs, as rue, ſage, roſemary, mint, or wormwood.

3. Thoſe ſhould be conveyed into their mouths: and they ſhould be forced, if poſſible, to ſwallow ſome drops of brandy, or of ſome other potable liquor, mixed with a little water; while ſome hot wine mixed with ſugar and cinnamon, which makes one of the beſt cordials, is getting ready.

4. A compreſs of flannel, dipt in hot wine, in which ſome aromatic herb has been ſteeped, muſt be applied to the pit of the ſtomach.

5. If the ſwooning ſeems likely to continue, the patient muſt be put into a well-heated bed, which has before been perfumed with burning ſugar and cinnamon; the friſtions of the whole body with hot flannels being ſtill continued.

6. As ſoon as the patient can ſwallow, he ſhould take ſome ſoup or broth; or a little bread or biſcuit ſoaked in hot ſpiced wine.

7. Laſtly, during the whole time that all precautions are taken to oppoſe the cauſe of the ſwooning, care muſt be had, for ſome days, to prevent any fainting, by giving them often, and but little at a time, ſome light, yet ſtrengthening nouriſhment, ſuch as panada made with ſoup inſtead of water, new laid eggs very lightly poached, light roaſt meats, with ſweet ſauce, chocolate, and ſoups of the moſt nouriſhing meats.

§ 323. Thoſe ſwoonings, which are the effect of bleeding, or of the violent operation of ſome purge, are to be ranged in this claſs.

Such as happen after artificial bleeding, are generally very moderate, commonly terminating as ſoon as the patient is laid upon the bed; perſons ſubject to this kind ſhould be bled lying down, in order to prevent it. But ſhould the fainting continue longer than uſual, ſome vinegar ſmelt to, and a little ſwallowed with ſome water, is a very good remedy.

The treatment of ſuch faintings or ſwoonings, as

as are the conſequences of too violent vomits or purges, may be ſeen hereafter, § 352. under the article of purges.

Of Faintings occaſioned by a Load, or Uneaſineſs at the Stomach.

§ 324. It has been already obſerved, that indigeſtions were ſometimes attended with ſwoonings, and indeed ſuch vehement ones, as require ſpeedy ſuccour. The indigeſtion is ſometimes leſs the effect of the quantity, than of the quality, or the corruption of the food, contained in the ſtomach. Thus we ſee there are ſome perſons, who are diſordered by eating eggs, fiſh, or any fat meat; being thrown by them into inexpreſſible anguiſh attended with ſwooning. It may be ſuppoſed to depend on this cauſe, when theſe very aliments have been lately eaten: and when it does not depend on the other cauſes I have mentioned.

We ſhould, in this caſe, revive the patient as in the former, by making them receive ſome very ſtrong ſmell; but the moſt eſſential point is to make them ſwallow a large quantity of light warm fluid; which may ſerve to drown, as it were, the indigeſted matter; which may ſoften its acrimony; and either effect the diſcharge of it by vomiting, or force it down into the inteſtines.

A light infuſion of camomile-flowers, of tea, of ſage, of elder-flowers, or of carduus-benedictus, operate with much the ſame efficacy.

The ſwooning ceaſes, or at leaſt conſiderably abates in theſe caſes, as ſoon as ever the vomiting commences.

When theſe ſwoonings are terminated, the patient muſt be kept for ſome days to a very light diet, and take at the ſame time, every morning faſting, a doſe of the powder No. 38, which relieves the ſtomach of whatever noxious contents might remain in it: and then reſtores its natural ſtrength and functions.

§ 325. Another

§ 325. Another kind of ſwooning reſults from a cauſe in the ſtomach; but different from this we have juſt been treating of. It ariſes from extraordinary ſenſibility of this organ, and from a general weakneſs of the patient.

Thoſe ſubject to this malady are valetudinary perſons, whoſe ſtomachs are at once very feeble and ſenſible. They have little uneaſineſs after a meal, if they indulge but a little more than uſual; or if they eat of any food not quite ſo eaſy of digeſtion: nay, ſhould the weather only be unfavourable, and ſometimes without any perceivable cauſe, their uneaſineſs terminates in a ſwoon.

Patients ſwooning, from theſe cauſes, have more neceſſity for tranquility and repoſe, than for any other remedy; and it might be ſufficient to lay them down on the bed: but ſome ſpirituous liquid may be held to their noſe, while their temples and wriſts are rubbed with it; and at the ſame time a little wine given.

This ſpecies of ſwooning is oftener attended with a little feveriſhneſs than the others.

Of thoſe Swoonings, which ariſe from nervous Diſorders.

§ 326. As there is no organ unprovided with nerves and hardly any function, in which the nerves have not their influence; it may be eaſily comprehended, that the vapours being a ſtate which ariſes from the nerves exerting irregular motions, and all the functions of the body depending partly on the nerves; there is no one ſymptom of other diſeaſes which the vapours may not produce or imitate. It is alſo very conceivable, that the vapours are a real malady; of which the ſurprizing odity of the ſymptoms is a neceſſary effect; and that no perſon can any more prevent his being invaded by the vapours, than he can prevent the attack of a fever, or of the tooth-ach.

§ 327. A few

§ 327. A few plain inſtances will furniſh out a more compleat motion of vapours.

If an involuntary unuſual motion in the nerves, that are diſtributed through the lungs, ſhould ſtraiten the little veſicles, or bladders, which admit the freſh air at every reſpiration, the patient will feel a degree of ſuffocation; juſt as if that ſtraitening of the veſicles were occaſioned by ſome noxious ſteam or vapour.

Should the nerves, which are diſtributed throughout the whole ſkin, by a ſucceſſion of theſe irregular motions, contract themſelves, as they may from external cold, perſpiration by the pores will be prevented; whence the humours, which ſhould be evacuated through the pores, will be thrown upon the kidnies, and the patient will make a great quantity of thin clear urine, a ſymptom very common to vapouriſh people; or it may be diverted to the glands of the inteſtines, and terminate in a watery looſeneſs, which frequently proves a very obſtinate one.

Neither are ſwoonings the leaſt uſual ſymptoms attending the vapours: and we may be certain they ſpring from this ſource, when they happen to a perſon ſubject to the vapours: and none of the other cauſes have lately preceded them.

Such ſwoonings however, are very rarely dangerous, and ſcarcely require any aſſiſtance. The patient ſhould be laid upon a bed: the freſh air ſhould be freely admitted to him; and in ſuch faintings, the ſmell of burnt leather, of feathers, or of paper have often proved of great ſervice.

§ 328. Perſons alſo frequently faint away, in conſequence of faſting too long; from having eat a little too much; from being confined in too hot a chamber; from having ſeen too much company; from ſmelling too over-powering a ſcent; from being too coſtive; from being too forcibly affected with ſome diſcourſe or ſentiments; and, in a word, from a great variety of cauſes, which make no impreſſion on perſons

in

in perfect health; but which violently operate upon them, because their nerves are too acutely affected.

As soon as the particular cause is distinguished, which has occasioned the present swooning; it is manifest this swooning is to be remedied by removing the cause of it.

Of Swoonings occasioned by the Passions.

§ 329. There have been some instances of persons dying within a moment through excessive joy; and in a very short time, from rage, vexation, and dread or horror. I shall consider here such faintings as ensue from rage, and vehement grief or disappointment.

Excessive rage and violent affliction are sometimes fatal though they oftner terminate in fainting. Excessive grief is especially accompanied with this consequence; and it is very common to see persons thus affected, sink into successive faintings for several hours. Very little assistance can be given in such cases: it is proper, however, they should smell to strong vinegar; and frequently take a few cups of some hot and mild drink, such as balm-tea, or lemonade with a little orange or lemon-peel.

It is not to be supposed, that swoonings or faintings, from excessive passions, can be cured by nourishment. The condition, into which vehement grief throws the body, is that, of all others, in which nourishment would be the most injurious: and as long as the vehemence of the affliction endures, the sufferer should take nothing but some spoonfuls of soup or broth, or a few morsels of some light meat roasted.

When wrath or rage has risen so high, that the body, entirely exhausted, by that violent effort, sinks down at once into excessive relaxation, a fainting sometimes succeeds, and even the most perilous degree of it.

It is the moſt that can be done here, to let the patient be perfectly ſtill a-while; only making him ſmell to ſome vinegar. But when he is come to himſelf, he ſhould drink plentifully of hot lemonade.

Sometimes there remain ſickneſſes at ſtomach, reachings to vomit, a bitterneſs in the mouth, and ſome vertiginous ſymptoms which ſeem to require a vomit. But ſuch a medicine muſt be very carefully avoided, ſince it may be attended with the moſt fatal conſequence; and lemonade with clyſters, generally and gradually remove theſe ſwoonings. If the ſickneſs at ſtomach continue, the utmoſt medicine we ſhould allow beſides, would be that of No. 23, or a few doſes of No. 24.

Of ſymptomatical Swoonings, or ſuch as happen in the progreſs of other Diſeaſes.

§ 330. Swooning, in the beginning of putrid diſeaſes, denote an oppreſſion at ſtomach, or a maſs of corrupt humours; and they ceaſe as ſoon as an evacuation ſupervenes, whether by vomit or ſtool.

When they occur at the beginning of malignant fevers, they declare the high degree of their malignancy, and the great diminution of the patient's natural ſtrength.

In each of theſe caſes, vinegar, uſed externally and internally, is the beſt remedy during the paroxiſm; and plenty of lemon-juice and water after it.

Swooning, which ſupervene in diſeaſes accompanied with great evacuations, are cured like thoſe which are owing to weakneſs; and endeavours ſhould be uſed to reſtrain or moderate the evacuations.

Thoſe who have any inward impoſthume are apt to ſwoon frequently. They may ſometimes be revived a little by vinegar.

§ 331. Many

§ 331. Many perſons have a ſlighter or a deeper ſwooning, at the end of a violent fit of a fever. A ſpoonful or two of light white-wine, with an equal quantity of water, affords all the ſuccour proper in ſuch a caſe.

Every ſwooning fit leaves the patient in dejection and weakneſs; the ſecretions from the blood are ſuſpended; the humours diſpoſed to ſtagnation, coagulations, and obſtructions are formed; and if the motion of the blood is totally intercepted, or conſiderably checked, *polypupuſ's*, and theſe often incurable, are formed in the heart, or in the larger veſſels.

Of Hæmorrhages, or an involuntary Loſs of Blood.

§ 332. Hæmorrhages of the noſe, after inflammatory fevers, commonly prove a favourable crisis; which bleeding we ſhould carefully avoid ſtopping; except it threatens the patient's life.

As they ſcarcely ever happen in health, but from abundance of blood, it is improper to check them too ſoon; leſt ſome internal obſtructions ſhould prove the conſequence.

A ſwooning ſometimes enſues after the loſs of only a moderate quantity of blood. This ſwooning ſtops the hæmorrhage, and goes off without any aſſiſtance, except the ſmelling to vinegar. But in other caſes, there is a ſucceſſion of fainting fits, without the blood's ſtopping; while, at the ſame time, ſlight convulſive motions enſue, attended with a raving, when it becomes neceſſary to ſtop the bleeding: and without waiting till theſe ſymptoms appear, the following ſigns will ſufficiently direct us. As long as the pulſe is pretty full; the heat of the body equally extended to the extremities; and the countenance and lips preſerve their natural redneſs, no ill conſequence is to be apprehended from the hæmorrhage, though it be very copious.

But when the pulse begins to faulter: when the countenance and the lips grow pale, and the patient complains of a sickness at stomach, it is absolutely necessary to stop it. And considering the operation of remedies does not immediately follow the application of them, it is safer to begin a little too early than to delay them, though ever so little too long.

§ 333. First then, tight bandages should be applied round both arms, on the part they are applied in order to bleeding: and round the lower part of both thighs, on the gattering place; to detain the blood in the extremities.

2. Next the legs are to be plunged in warm water, up to the knees; for by relaxing the blood-vessels of the legs and feet, they are dilated at the same time, and thence receive, and, in consequence of the ligatures above the knees, retain the more blood.

As soon, however as the bleeding is stopt, these ligatures (on the thighs) may be relaxed, or one of them entirely removed; allowing the others to continue on, an hour or two longer: but greater precaution should be taken not to slaken them entirely, nor all at once.

3. Seven or eight grains of nitre, and a spoonful of vinegar, in half a glass of cold water, should be given the patient every half hour.

4. One drachm of white vitriol must be dissolved in two spoonfuls of spring-water; and a tent of lint, or bits of soft fine linen dipt in this solution, are to be introduced into the nostrils, horizontally at first, but afterwards to be introduced upwards, and as high as may be, by the assistance of a flexible bit of wood or whale-bone.

But should this application be ineffectual: brandy, and even spirits of wine, mixed with a third part vinegar, have answered entirely well.

The prescription No. 67, may also be serviceable on this occasion. It must be reduced to powder, and conveyed up the nostrils as high as may

may be, on the point of a tent of lint, which may eaſily be covered with it.

5. When the flux of blood is totally ſtopt, the patient is to be kept as ſtill and quiet as poſſible; taking great care not to extract the tent which remains in the noſe; nor to remove the clots of coagulated blood which fill up the paſſage. The removing of theſe ſhould be effected very gradually and cautiouſly; and frequently the tent does not ſpring out ſpontaneouſly, till after many days.

§ 334. I have not ſaid any thing of artificial bleeding in theſe caſes, as I think it beſt unſerviceable; ſince, though it may ſometimes have ſtopt the morbid loſs of blood, it has at other times increaſed it. Neither have I mentioned anodynes here, whoſe conſtant effect is to determine a larger quantity of blood to the head.

Applications of cold water to the nape of the neck ought to be wholly diſuſed, having ſometimes been attended with the moſt embarraſſing conſequences.

In all fluxes of blood, great tranquility, ligatures, and the uſe of the drink No. 2 or 4, are very uſeful.

People who are liable to hæmorrhages, ought to manage themſelves conformable to the directions § 354. They ſhould take very little ſupper; avoid all ſpirituous liquors; apartments that are over hot, and cover their heads but very lightly.

When a patient has for a long time been ſubject to hæmorrhages, if they ceaſe, he ſhould retrench his quantity of food; and take ſome gentle opening purges, eſpecially that No. 24, and frequently a little nitre in an evening.

Of Convulſion Fits.

§ 335. Convulſions are, in general more terrifying than dangerous: they reſult from various cauſes; and on the removal of theſe, their cure depends.

In the fit little is to be done.

As nothing shortens the duration, or even lessens the violence of an epileptic fit, so nothing at all should be attempted in it: and the rather, because means often aggravate the disease. We should confine our endeavours solely to the security of the patient, by preventing him from giving himself any violent strokes; by getting something, if possible between his teeth, such as a small roller of linen to prevent his tongue from being hurt, or dangerously squeezed.

The only cause which requires immediate assistance in the fit, is, when the neck is so swelled, and the face so very red, that there is room to be apprehensive of an apoplexy, which we should endeavour to obviate by drawing eight or ten ounces of blood from the arm.

Some species of epilepsy are wholly incurable: and such as are susceptible of a cure, require the utmost care and consideration of the most experienced physicians.

§ 336. Simple convulsion fits, which are not epileptic, are frequently of a long continuance, persevering with very few and short intervals, for days and even for weeks.

The true cause should be found as soon as possible, though nothing should be attempted in the fit. The nerves are, during that term, in so high a degree of tension and sensibility, that the very medicines, supposed to be strongly indicated, often redouble the storm.

Thin watry liquors are the most innocent things that can be given; such as balm, lime-tree, and elder-flower tea. A ptisan of liquorice-root only, has sometimes answered better than any other.

Of suffocating, or strangling Fits.

§ 337. These fits (by whatever other name they may be called,) whenever they suddenly attack

attack a perſon, whoſe breathing was eaſy juſt before, depend almoſt conſtantly on a contraction of the nerves in the veſicles of the lungs; or upon a ſtuffing of the ſame parts, produced by clammy humours. The former go off of themſelves, or may be treated like ſwoonings owing to the ſame cauſe. See § 327.

§ 338. That ſuffocation, which is the effect of a ſanguinous fulneſs and obſtruction, may be diſtinguiſhed by its attacking ſtrong, ſanguine perſons, who are great eaters, uſing much juicy nutricious food, and ſtrong wine and liquors; when the fit has come on after any inflaming cauſe; when the pulſe is full and ſtrong, and the countenance red.

Such are cured, 1. By a very plentiful diſcharge of blood from the arm, which is to be repeated, if neceſſary,

2. By drinking plentifully of the ptiſan No. 1; to three pints of which, a drachm of nitre is to be added. And,

3. By the vapour of hot vinegar, continually received by breathing.

There is reaſon to think that one of theſe fits is owing to humours in the lungs, when it attacks perſons whoſe temperament, and manner of living are oppoſite to thoſe I have juſt deſcribed; ſuch as valetudinary, weakly, phlegmatic, inactive perſons, who feed badly, or on fat, viſcid, and inſipid diet, and who drink much hot water, either alone, or in tea-like infuſions. And this cauſe is ſtill more probable, if the fit comes on in rainy weather, and during a ſoutherly wind

The moſt efficacious treatment is, 1. To give every half hour a half cup of the potion No. 8, if it can be readily had. 2. To make the patient drink very plentifully of the drink No. 12; and 3, to apply two ſtrong bliſters to the fleſhy parts of his legs.

Thoſe afflicted with this malady are commonly relieved, as ſoon as they expectorate, and ſometimes even by vomiting a little.

The medicine No. 25, a dose of which may be taken every two hours, with a cup of the ptisan No .12, often succeeds very well.

But if neither this medicine, nor the prescription of No. 8, are at hand; an onion of a moderate size should be pounded in an iron or marble mortar; upon this, a glass of vinegar is to be poured, and then strongly squeezed through a piece of linen. An equal quantity of honey is to be added to it. A spoonful of this mixture, whose remarkable efficacy I have been a witness of, is, to be given every half hour.

Of the violent effects of Fear.

§ 339. The general effects of terror, are a great contraction of all the small vessels, and a repulsion of the blood into the large and internal ones. Hence follow the suppression of perspiration, the general oppression, the trembling, the palpitations and anguish, from the heart and the lungs being over charged with blood: and sometimes attended with swoonings. A heavy drowsiness, and a kind of furious *delirium* happen in other cases, which I have frequently observed in children, when the blood vessels of the neck were swelled and stuffed up: and convulsions, and even the epilepsy, have come on.

When the humours which should have passed off by perspiration, are repelled to the intestines, a tedious looseness is the frequent consequence.

§ 340. Our endeavours should be directed, to re-establish the disordered circulation; to restore the obstructed perspiration; and to allay the agitation of the nerves.

The custom is to give the patient some cold water directly; but when the fright is considerable, this is a very pernicious custom.

They should on the contrary, be conveyed into some very quiet situation, leaving there but very few persons, and such only as they are thoroughly familiar

familiar with. They ſhould take a few cups of pretty warm drink, particularly of an infuſion of lime-tree flowers or of balm. Their legs ſhould be put into warm water, and remain there an hour, if they will permit it, rubbing them gently now and then, and giving them every half quarter of an hour, a ſmall cup of the ſaid drink. When their compoſure is returned a little, and their ſkin has recovered its warmth, care muſt be taken to diſpoſe them to ſleep, and to perſpire plentifully. For this purpoſe they may be allowed a few ſpoonfuls of wine, on putting them to bed with one cup of the former infuſion; or, which is more effectual, a few drops of Sydenham's liquid laudanum, in No. 48.

§ 341. It ſometimes happens, that children do not ſeem at firſt extremely terrified; but the fright is renewed while they ſleep, and with no ſmall violence. The directions I have juſt given muſt then be obſerved, for ſome ſucceſſive evenings, before they are put to bed.

Their fright frequently returns at the latter end of the night, and agitates them violently every day. The ſame treatment ſhould be continued in ſuch caſes, and we ſhould endeavour to diſpoſe them to be aſleep at the uſual hour of its return.

By this very method, I have diſſipated the diſmal conſequences of fear of women in child-bed, which is ſo commonly mortal.

If a ſuffocation from this cauſe is violent, there is ſometimes a neceſſity for opening a vein in the arm.

Theſe patients ſhould gradually be inured to an almoſt continual, but gentle, kind of exerciſe.

All violent medicines render thoſe diſeaſes, which are the conſequences of great fear, incurable.

Of Accidents or Symptoms produced by the Vapours of Coal, and of Wine.

§ 342. When ſmall coal, and eſpecially when charcoal is burnt in a chamber cloſe ſhut, it is direct poiſon to a perſon ſhut up in it. The ſulphurous oil, which is ſet at liberty and diffuſed by the fire, expands itſelf through the chamber; while thoſe who are in it perceive a diſorder in their heads; vertigos, ſickneſs at ſtomach, a weakneſs, and a very unuſual kind of numbneſs: become raving, convulſed and trembling, and if they have not preſence of mind, and ſtrength, to get out of the chamber, they die within a ſhort time.

This vapour proves mortal in conſequence of its producing an apoplectic diſorder, blended, at the ſame time, with ſomething convulſive; which ſufficiently appears from the cloſure of the mouth, and the ſtrict locking of the jaws.

Such as are ſenſible of the danger, and retreat ſeaſonably from it, are generally relieved as ſoon as they get into the open air; or if they have any remaining uneaſineſs, a little water and vinegar; or lemonade, drank hot, affords them ſpeedy relief. But when they are ſo far poiſoned, as to have loſt their underſtanding, if there be any means of reviving them, ſuch means conſiſt,

1. In expoſing them to a very pure, freſh, and open air.

2. In making them ſmell to ſome very penetrating odour, as the volatile ſpirit of ſal ammoniac; and afterwards ſurrounding them, as it were, with the ſteam of vinegar.

3. In taking ſome blood from the arm.

4. In putting their legs into warm or hot water, and chafing them well.

5. In making them ſwallow, if practicable, much lemonade, or water and vinegar, with the addition of nitre.

A vomit

A vomit would be hurtful, and the reachings to vomit ariſe only from the oppreſſion on the brain.

Hence it amounts even to a criminal degree of imprudence, to ſleep in a chamber while charcoal or ſmall coal is burning in it.

§ 343. The bakers, who make much uſe of ſmall coal, often keep great quantities of it in their cellars, which frequently abound ſo much with the vapour of it, that it ſeizes them the moment they enter. They ſink down at once deprived of all ſenſation, and die, if they are not drawn out of it ſoon.

One certain means of preventing ſuch fatal accidents is, upon going into the cellar, to throw ſome flaming paper into it, and if this continue to flame out and conſume, there is no reaſon for dreading the vapour: if it be extinguiſhed, no perſon ſhould venture in. But after opening the vent-hole, a bundle of flaming ſtraw muſt be ſet at the door, which ſerves to attract the external air ſtrongly. Soon after, the experiment of the flaming paper muſt be repeated, and if it goes out, more ſtraw is to be ſet on fire before the cellar door.

§ 344. Small coal, is not ſo dangerous as *charcoal*, the danger of which ariſes from this, that in extinguiſhing it by the uſual methods, all thoſe ſulphurous particles of it, in which its danger conſiſts, are concentrated. Nevertheleſs, ſmall coal is not entirely deprived of all its noxious quality.

The method of throwing ſalt on live coals before they are conveyed into a chamber; or of caſting a piece of iron among them to imbibe ſome part of their deadly ſulphur, is not without its utility; though by no means ſufficient to prevent danger.

When the moſt dangerous ſymptoms diſappear, and there remains only ſome weakneſs, numbneſs, and a little loathing at ſtomach, nothing is better than lemonade with one fourth part wine, half a

cup of which ſhould frequently be taken, with a ſmall cruſt of bread.

§ 345. The vapour which exhales from wine, and in general from all fermenting liquors, kills in the like manner with the vapour of coal; and there is always danger in going into a cellar, where there is much wine in the ſtate of fermentation; if it has been ſhut up cloſe for ſeveral hours. There have been many examples of perſons ſtruck dead on entering one, and of others who have eſcaped out with difficulty.

When ſuch accidents occur, men ſhould not be expoſed, one after another, by endeavouring to fetch out the firſt who ſunk down upon his entrance: but the air ſhould immediately be purified by the method already directed, or by diſcharging ſome guns into the cellar; and when the perſons unfortunately affected are brought out, they are to be treated like thoſe that are affected with a coal-vapour.

§ 346. When caves that have been long ſhut, are opened; or when deep wells are cleaned, that have not been emptied for ſeveral years, the vapours ariſing from them produce the ſame ſymptoms. They are to be purified by burning ſulphur and ſalt-petre in them, or gun-powder, as compounded of both.

§ 347. The ſtink of lamps and of candles, eſpecially when their flames are extinguiſhed, operate like other vapours, though with leſs violence. Nevertheleſs, there have been inſtances of people killed by the fumes of lamps fed with nut oil, which had been extinguiſhed in a cloſe room. Theſe laſt fumes prove noxious in conſequence of their greaſineſs, which being conveyed into the lungs, prevent their reſpiration: and hence we may obſerve, that perſons of delicate breaſts find themſelves quickly oppreſſed in apartments illuminated with many candles. The ſteam of Vinegar is very ſerviceable in ſuch caſes.

Of

Of Poiſons.

§ 348. There are a great number of poiſons. But arſenic, or ratſbane, and ſome particular plants are the poiſons which are moſt frequent in country-places.

It is in conſequence of its acrimony, that arſenic deſtroys by an exceſſive inflammation, with a burning fire as it were in the mouth, throat, ſtomach and guts.

The beſt remedy of all is pouring down whole torrents of milk, or where there is not milk, of warm water. Nothing but a prodigious quantity of ſuch weak liquids can avail ſuch a miſerable patient. If the cauſe of the diſorder is immediately known, after having very ſpeedily taken down a large quantity of warm water, vomiting may be excited with oil, or with melted butter, and by tickling the inſide of the throat with a feather. But when the poiſon has already inflamed the ſtomach and the guts, we muſt not expect to diſcharge it by vomiting. Whatever is healing or emolient, decoctions of mealy pulſe, of barley, of oatmeal, of marſhmallows, and butter and oil, are the moſt ſuitable.

As ſoon as ever the pains are felt in the belly, clyſters of milk muſt be very frequently thrown up.

If at the very beginning, the patient has a ſtrong pulſe, a very plentiful bleeding may be conſiderably ſerviceable by its delaying and diminiſhing the inflammation.

And even though a patient overcome the firſt violence of this dreadful accident, it is common for him to continue in a languid ſtate for a long time, and ſometimes all his life. The moſt certain method of preventing this, is to live for ſome months ſolely upon milk, and ſome new laid eggs, juſt received from the hen, and blended in the milk, without boiling them.

§ 349. The plants which chiefly produce theſe unhappy

unhappy accidents are ſome kinds of hemlock, whether it be the leaf or the root; the berries of the deadly nightſhade, which children eat by miſtake for cherries: ſome cherries: ſome kind of muſhrooms, and the ſeed of the ſtinking thorn-apple.

All poiſons of this claſs prove mortal rather from a ſtupifying, than from an acrid, ſharp quality. Vertigos, faintings, reaching to vomit, and actual vomitings are the firſt ſymptoms produced by them.

The patient ſhould immediately ſwallow a large quantity of water, moderately ſeaſoned with ſalt or ſugar; and then a vomiting ſhould be excited as ſoon as poſſible by the preſcription No. 34 or 35: or, if neither of theſe is readily procurable, with radiſh-ſeed, pounded, to the quantity of a tea-ſpoonful, ſwallowed in warm water, ſoon after forcing a feather or a finger into the patient's throat.

After the operation of the vomit, he muſt continue to take a large quantity of water, ſweetened with honey or ſugar, together with a conſiderable quantity of vinegar, which is the true antidote againſt thoſe poiſons.

§ 250. If a perſon has taken too much opium, or any medicine into which it enters, he muſt be bled upon the ſpot, and treated as if he had a ſanguine apoplexy, for opium in effect produces ſuch a one. He ſhould ſnuff up the vapour of vinegar plentifully, adding it alſo liberally to the water he is to drink.

Of acute Pains.

§ 251. When a perſon ſound and hale, finds himſelf ſuddenly attacked with ſome exceſſive pain, in whatever part it occurs, without knowing either the nature or the cauſe of it, they may, till proper advice can be procured,

1. Part with ſome blood, which, almoſt conſtantly aſſuages the pains, at leaſt for ſome time.

2. Drink abundantly of ſome very mild temperate drink, ſuch as the ptiſan No. 2, the almond emulſion No, 4, or warm water, with a fourth or fifth part milk.

3. The whole part that is affected, and the adjoining parts ſhould be covered with cataplaſms, or ſoothed with the emollientfomentation, No. 9.

4. If, notwithſtanding, the pain continues violent, and the pulſe is neither full nor hard, the grown patient may take an ounce of ſyrup of diacodium, or ten or twelve drops of liquid laudanum; and when neither of theſe are to be had, an Engliſh pint of boiling water may be poured upon three or four poppy heads with their ſeeds but without the leaves, and this decoction is to be drank like tea.

Perſons very ſubject to frequent pains, and eſpecially to violent head-achs, ſhould abſtain from all ſtrong drink; ſuch abſtinence being often the only means of curing them: and people are miſtaken in ſuppoſing wine neceſſary for as many as ſeem to have a weak ſtomach.

CHAP. XXXI.

Of giving Remedies by way of Prevention.

SECT. 352.

THE habit of taking medicines, is no indifferent matter. It is dangerous, and even criminal to omit them when they are neceſſary, but not leſs ſo to take them when they are not wanted.

Of

Of Bleeding.

Of an inflammation of the blood, I have already ſpoken. Here I ſhall point out the ſymptoms, which manifeſt an exceſs of blood.

It is the general manner of the patient's living while in health. If he is a great eater, and indulges in juicy nutricious food, and eſpecially fleſh meat: if he drinks rich and nouriſhing wine, or other ſtrong drink, and at the ſame time enjoys a good digeſtion: if he takes but little exerciſe, ſleeps much, and has not been ſubject to any very conſiderable evacuation, he may well be ſuppoſed to abound in blood.

2. The total ſtopping of ſome involuntary bleeding, to which he had been accuſtomed. 3. A full and ſtrong pulſe, and veins viſibly filled with blood. 4. A florid lively ruddineſs. 5. A conſiderable and unuſual numbneſs; and a little oppreſſion and heavineſs from walking. 6. Swimmings of the head, eſpecially on bowing down and raiſing it up at once. 7. Frequent pains of the head, to which the perſon was not formerly ſubject; and which ſeem not to ariſe from any defect in the digeſtions. 8. An evident ſenſation of heat, over the whole body. And laſtly, frequent hæmorrhages, and theſe are attended with manifeſt relief, and more vivacity.

People ſhould, notwithſtanding, be cautious of ſuppoſing an exceſs of blood, from any one of theſe ſymptoms only. Many of them muſt concur; and they ſhould endeavour to be certain that even ſuch a concurrence of them does not reſult from a different cauſe.

But when it is certain, from the whole appearance, that ſuch an exceſs doth exiſt, then a ſingle or even a ſecond bleeding is attended with good effects.

§ 353. On the other hand, when theſe circumſtances do not exiſt, bleeding is in no wiſe neceſſary: nor ſhould it ever be practiſed in the following

ing circumſtances; except for ſome particular and ſtrong reaſon.

Firſt, in a very advanced age, or in very early infancy. 2. When a man is naturally of a weak conſtitution, or has been rendered ſo by ſickneſs or accident. 3. When the pulſe is ſmall, ſoft, feeble, and the ſkin is manifeſtly pale. 4. When the extremities of the body, are often cold, puffed up and ſoft. 5. When his appetite has been ſmall for a long time; his food but little nouriſhing, and his exerciſe great. 6. When the patient has been conſiderably emptied, whether by hæmorrhages, a looſeneſs, profuſe urine or ſweat. 7. When he has long been afflicted with ſome depreſſing diſeaſe. 8. Whenever a perſon is exhauſted, from whatever cauſe. 9. When the blood is in a thin, pale, and diſſolved ſtate.

Whatever be the ſituation of the patient, and however naturally robuſt, that bleeding, which is unneceſſary, is noxious. Repeated bleedings, weaken and enervate, haſten old age, diminiſh the force of the circulation, thence fatten and puff up the body; and next by weakening the digeſtion, lead to a fatal dropſy. They diſorder the perſpiration by the ſkin, and leave the patient liable to colds and defluctions: They weaken the nervous ſyſtem, and render them ſubject to vapours, and to all nervous maladies.

The quantity of blood, which a grown man may part with, by way of precaution, is above ten ounces.

§ 354. Perſons ſo conſtituted as to breed much blood, ſhould carefully avoid all thoſe cauſes which tend to augment it, (ſee § 352.) and when they are ſenſible of the quantity augmented, they ſhould confine themſelves to a light frugal diet, on pulſe, fruits, bread, and water: they ſhould often bathe their feet in warm water, taking, night and morning, the powder No. 20: drink of the ptiſan No. 1; ſleep but very moderately, and take much exerciſe. By uſing theſe precautions, they may remove all the danger that might enſue

enſue from omitting to bleed, at the uſual ſeaſon, when the habit of bleeding had been long eſtabliſhed.

Of Purges.

§ 355. The ſtomach and bowels are emptied either by vomiting, or by ſtools, the latter diſcharge being much more natural than the firſt. Nevertheleſs, there are ſome caſes, which require this artificial vomiting; but theſe excepted, we ſhould rather prefer thoſe remedies, which work by ſtool.

The ſigns, which indicate a neceſſity for purging, are, 1. A diſagreeable taſte in the mouth in a morning, and eſpecially a bitter taſte; a foul, furred tongue and teeth, diſagreeable eructations, windineſs and diſtenſion.

2. A want of appetite increaſing gradually, without any fever, which degenerates into a total averſion to food.

3. Reachings to vomit in a morning faſting, and ſometimes throughout the day; ſuppoſing ſuch not to depend on a woman's pregnancy.

4. A vomiting up of bitter, or corrupted humours.

5. A manifeſt ſenſation of a weight, in the ſtomach, the loins, or the knees.

6. Pains of the ſtomach, frequent pains of the head, or vertigos; ſometimes a drowſineſs which increaſes after meals.

7. A pulſe leſs regular, and leſs ſtrong, than what is natural to the patient, and which ſometimes intermits.

When theſe ſymptoms, or ſome of them, aſcertain the neceſſity of purging a perſon, not then attacked by any manifeſt diſeaſe, a proper purging medicine may be given him. The bad taſte in his mouth; the continual belchings; the frequent reachings to vomit; the actual vomitings, diſcover, that the cauſe of his diſorder reſides in the ſtomach, and ſhew that a vomit will be of ſervice.

ſervice. But when ſuch ſymptoms are not evident, the patient ſhould take ſuch purging remedies, as are particularly indicated by the pains.

§ 356. But we ſhould abſtain from either vomiting or purging; 1. Whenever the complaints of the patients are founded in their being already exhauſted. 2. When there is a general dryneſs of the habit, ſome inflammation, or a ſtrong fever. 3. Whenever nature is exerting herſelf in ſome other ſalutary evacuation; whence purging muſt never be attempted in critical ſweats, during the monthly diſcharges, nor during a fit of the gout. 4. Nor in ſuch inveterate obſtructions as purges cannot remove. 5. Neither when the nervous ſyſtem is conſiderably weakened.

§ 357. There are other caſes, in which it may be proper to purge, but not to give a vomit. Theſe caſes are, 1. When the patient abounds too much with blood, ſince the efforts which attend vomiting, greatly augment the force of the circulation: whence the blood-veſſels of the head and of the breaſt might burſt. 2. For the ſame reaſon they ſhould not be given to perſons, who are ſubject to frequent bleeding from the noſe, or to vomiting of blood; to women who are ſubject to exceſſive or unreaſonable diſcharges of blood; nor to thoſe who are with child, No. 3. to ruptured perſons.

When any perſons have taken too ſharp a vomit, or a purge, which operates with exceſſive violence: we ſhould treat them, as if they had been actually poiſoned, by violent corroding poiſons, that is, we ſhould fill them with draughts of warm water, milk, or barley water; and alſo bleed them, if their pains are exceſſive, and their pulſes ſtrong and feveriſh.

The ſuper-purgation is then to be ſtopped, by the calming medicines directed § 351. No. 4.

Flannels dipped in hot water, in which ſome Venice treacle is diſſolved, are very ſerviceable.

But ſhould the vomiting be exceſſive, without any purging, the patient ſhould be placed in a warm bath.

§ 358. Purges

§ 358. Purges frequently repeated, without neceſſity, are attended with much the ſame ill effects as frequent bleedings. They deſtroy the digeſtions; the ſtomach no longer exerts its functions; the inteſtines prove inactive; the patient becomes liable to ſevere colicks; perſpiration is diſordered; defluctions enſue, nervous maladies come on, and the patient proves old, long before the number of his years have made him ſo.

It is a prejudice generally received, that perſons who have little or no appetite, need purging; but this is often falſe; becauſe moſt of thoſe cauſes, which deſtroy the appetite, cannot be removed by purging.

To perſons, whoſe ſtomachs contain much viſcid matter, purges prove a very ſlight and deceitful relief. Theſe humours are owing to that laxity of the ſtomach, which purges augment; ſince notwithſtanding they carry off part of theſe viſcid humours, after a few days there is a greater accumulation of them than before. The real cure of ſuch caſes is affected by directly oppoſite medicines. Thoſe mentioned § 187 are highly conducive to it.

§ 359. The cuſtom of taking medicines infuſed in brandy, ſpirit of wine, or cherry-water, is always dangerous; for notwithſtanding the preſent relief ſuch infuſions afford in ſome diſorders of the ſtomach, they really, by ſlow degrees, impair and ruin that organ: and it may be obſerved, that as many as accuſtom themſelves to drams, go off, juſt like exceſſive drinkers; in conſequence of their having no digeſtion; whence they ſink into a ſtate of depreſſion and langour, and die dropſical.

§ 360. Either vomits or purges may be often well omitted, even when they have ſome appearance of being neceſſary, by abating one meal a-day for ſome time; by abſtaining from the moſt nouriſhing ſorts of food; by drinking freely of cold water, and taking extraordinary exerciſe: the

the ſame regimen alſo ſubdues, without the uſe of purges, the various complaints which often invade thoſe, who omit taking purging medicines, at thoſe ſeaſons in which they have made it a cuſtom to take them.

§ 361. The medicines No. 34 and 35 are the moſt certain vomits. The powder No. 21 is a good purge, when the patient is no way feveriſh.

The doſes recommended in the table of remedies are thoſe, which are proper for a grown man, of a vigorous conſtitution.* Nevertheleſs, there are ſome few, for whom they may be too weak: in ſuch circumſtances, they may be increaſed. But we muſt be careful not to double the doſe, which has ſometimes killed the patient. In caſe of purging not enſuing, we ſhould rather give large draughts of whey ſweetened with honey, or of warm water, in three pints of which an ounce or an ounce and a half of common ſalt, muſt be diſſolved; and this quantity is to be taken from time to time in ſmall cups, moving about with it.

§ 362. A man ſhould not drink after a vomit, until it begins to work: but then he ſhould drink warm water, or a light infuſion of camomile-flowers.†

It is uſual, after purges to take ſome thin broth during their operation; but warm water, ſweetened with ſugar or honey, or an infuſion of ſuccory-flowers, would be more ſuitable.

§ 363. The moſt certain preſervative, and the moſt attainable too by every man, is to avoid all exceſs, and eſpecially exceſs in eating and in drinking. People generally eat more than thoroughly conſiſts with health, or than permits them to attain the utmoſt vigour, of which their

* Moſt of them are far too large for a common Engliſh man or woman.

† One quart, at four times, is commonly enough.

natural

natural conſtitutions are capable. The cuſtom is eſtabliſhed, and it is difficult to eradicate it: notwithſtanding we ſhould at leaſt reſolve not to eat, but through hunger, and always under a ſubjection to reaſon; becauſe, except in a very few caſes, reaſon conſtantly ſuggeſts to us not to eat, when the ſtomach has an averſion to food. Sobriety of itſelf cures ſuch maladies as are otherwiſe incurable, and may recover the moſt unhealthy perſons.

A TABLE of MEDICINES.

Of the Preſcriptions and Medicines referred to in the foregoing Treatiſe: which, with the Notes beneath them, are to be read before the taking, or application of the ſaid Medicines.

THE pound which I mean, throughout all theſe preſcriptions, is that conſiſting of ſixteen ounces.

The drinking-glaſs, or cup contains three ounces, or ſix ſpoonfuls.

A ſpoonful is ſuppoſed to be half an ounce.

The ſmall ſpoon or tea-ſpoon contains thirty drops. Five or ſix of theſe are equal to a common ſoup ſpoon.

The baſon or poringer may be eſtimated at eighteen ounces; a ſick perſon ſhould never be allowed to take more than a third part of this quantity of nouriſhment, at any one time.

The doſes in all the following preſcriptions are adjuſted to grown men, from the age of eighteen

to

to that of ſixty years. From the age of twelve to eighteen, two thirds of that doſe will generally be ſufficient: and from twelve down to ſeven years, one half, diminiſhing this ſtill lower, in proportion to the greater youth of the patient: ſo that not more than one eighth of the doſe preſcribed ſhould be given to an infant under one year. But their different conſtitutions will make a conſiderable difference in adjuſting their different doſes. It were to be wiſhed, that every perſon would carefully obſerve whether a ſtrong doſe is neceſſary to purge him; as exactneſs is important in adjuſting the doſes of ſuch medicines, as are intended to purge, or to evacuate in any manner.

No. 1. A Diet Drink.

Take a pugil or large pinch between the thumb and two fingers of elder-flowers; put them into an earthen-ware mug, with two ounces of honey, and an ounce and a half of good vinegar. Pour upon them three pints and one quarter of boiling water. Stir it a little with a ſpoon to mix and diſſolve the honey; then cover up the mug; and, when the liquor is cold, ſtrain it through a linen cloth.

No. 2. Barley Water, or Ptiſan.

Take two ounces of whole barley, cleanſe and waſh it well in hot water, throwing away this water afterwards. Then boil it in five pints of water, till the barley burſts and opens. Towards the end of the boiling, throw in one drachm and a half of nitre [ſalt-petre,] ſtrain it through a linen cloth, and add one ounce and a half of honey, and one ounce of vinegar. §

† This makes an agreeable drink: and the notion of its being windy is idle; ſince it is ſo only to thoſe, with whom barley does not agree. It may, where barley is not procurable, be made from oats.

Take

No. 3. Barley Water.

Take the ſame quantity of barley as before, and inſtead of nitre, boil in it, as ſoon as the barley is put in to boil, a quarter of an ounce of cream of tartar. Strain it, and add nothing elſe † to it.

No. 4. Almond Milk.

Take three ounces of the freſheſt ſweet almonds, and one ounce of gourd or melon ſeeds; bruiſe them in a mortar, adding to them by a little at a time, one pint of water, then ſtrain it through linen. Bruiſe what remains again, adding gradually to it another pint of water, then ſtraining; and adding water to the reſidue, till full three pints at leaſt of water are thus uſed; after which it may again be poured upon the bruiſed maſs, ſtirred well about, and then be finally ſtrained off. Half an ounce of ſugar may ſafely be bruiſed with the almonds and ſeeds, at firſt; and delicate perſons may be allowed a little orange-flower water with it.

No. 5. A Glyſter.

Take two pugils of mallow leaves and flowers, cut them ſmall, and pour a pint of boiling water upon them. After ſtanding ſome time, ſtrain it, adding one ounce of honey to it. For want of mallows, which is preferable, a ſimilar clyſter may be made of the leaves of marſh-mallows, lettuce, or ſpinage. A few particular conſtitutions are not to be purged by any clyſter but warm water alone; ſuch ſhould receive no other, and the water ſhould not be very hot.

No. 6. A Glyſter.

Boil a pugil of mallow flowers, in a pint of barley water for a clyſter.

† In ſome caſes, inſtead of the barley, four ounces of graſs-roots may be boiled in the ſame quantity of water, for half an hour, with the cream of tartar.

No. 7. A Ptiſan

No. 7. A Ptiſan.

Take three pints of ſimple barley water, add to it three ounces of the juice of ſow-thiſtle, or of groundſel, or of the greater houſeleek, or of borage*.

No. 8.

To one ounce of oxymel of ſquills, add five ounces of a ſtrong infuſion of elder-flowers.

No. 9. Fomentations and Poultices.

There are very different emollient applications which have nearly the ſame virtues. The withering are the moſt efficacious.

1. Flannels wrung out of a hot decoction of mallow flowers.

2. Small bags filled with mallow flowers, or with thoſe of elder, or camomile, or of wild corn poppy, and boiled either in milk or water.

3. Poultices of the ſame flowers boiled in milk and water.

4. A poultice of boiled bread and milk. §

No. 10.

To one ounce of ſpirit of ſulphur, add ſix ounces of ſyrup of violets; or, for want of the latter, as much barley water, of a thicker conſiſtence than ordinary.

No. 11. A Purge.

Take two ounces of manna, and half an ounce of Epſom ſalt; diſſolving them in four ounces of hot water, and ſtraining them.

* Theſe juices are to be procured from the herbs when freſh and very young, if poſſible, or by beating them in a marble mortar, or for want of ſuch in a wooden or iron one, and then ſqueezing out the juice through a linen bag. It muſt be left to ſettle a little in an earthen veſſel, after which the clear juice muſt be decanted gently off, and the ſediment left behind.

§ Boiled onions are beſt of all.

No. 12. A Ptiſan.

Take of elder flowers one pugil, of hyſſop leaves half as much. Pour three pints of boiling water upon them. After infuſing ſome time, ſtrain, and diſſolve three ounces of honey in the infuſion.

No. 13. A Ptiſan.

The ſame drink, but only omitting the hyſſop, and adding inſtead of it, as much more elder flowers.

No. 14.

Let one ounce of the beſt Jeſuits bark in fine powder be divided into ſixteen equal proportions.

No. 15. A Steam.

Take of the flowers of St. *John's* wort, of elder and of melliot, of each a few pinches: put them into the bottom of a veſſel containing five or ſix *Engliſh* pints, with half an ounce of oil of turpentine, and fill it up with boiling water.

No. 16.

The ſyrup of the flowers of the wild red corn poppy.

No. 17. Medicated Whey.

Very clear ſweet whey, in every pint of which one ounce of honey is diſſolved.

No. 18. Soap Pills.

Take of hard white ſoap ſix drachms; of extract of dandelion one drachm and a half; of gum ammoniacum half a drachm, and with ſyrup of maiden-hair make a maſs, to be formed into pills, weighing three grains each.

No. 19. Gargariſms.

Gargariſms may be prepared from an infuſion of the leaves of red roſes, or of mallows. Two ounces of vinegar and as much honey muſt be added

ded to every pint of it, and the patient ſhould gargle with it pretty hot. The detergent, cleanſing gargariſm is a light infuſion of the tops of ſage adding two ounces of honey to each pint of it.

No. 20.

One ounce of powdered nitre, divided into ſixteen equal doſes.

No. 21. A Strong Purge.

Take of jalap, of ſenna, and of cream of tartar of each thirty grains finely powdered, and let them be very well mixed.

No. 22. Decoction of the Woods.

Take of *China* root, and of ſarſaparilla of each one ounce and a half, ſaſſafras root and of the ſhavings of guaiacum, otherwiſe called *lignum vitæ*, of each one ounce. Let the whole be cut very fine. Then put into a glazed earthen veſſel; pouring upon them about five pints of boiling water. Let them boil gently for an hour; then take it from the fire, and ſtrain it off through linen. This is called the decoction of the woods. More water may, after the firſt boiling, be poured on the ſame ingredients, and be boiled up into a ſmall decoction for common drink.

No. 23. A gentle Purge.

Take one ounce of the pulp of tamarinds, half a drachm of nitre, and four ounces of water; let them boil not more than one minute, then add two ounces of manna, and when diſſolved, ſtrain the mixture off.

No. 24. A Lenative.

An ounce of cream of tartar, divided into eight equal parts.

No. 25. A Vomit.

The preparation of Kermes mineral, otherwiſe called the Chartreuſian powder; Dr. Tissot orders but one grain for a doſe. It has been directed from one to three.

No. 26. A Ptiſan.

Take three ounces of the common burdock root; boil it for half an hour, with half a drachm of nitre, in three full pints of water.

No. 27. A Ptiſan.

Take half a pinch of the herbs preſcribed No. 9. Article 2. and half an ounce of hard white ſoap, ſhaved thin. Pour on theſe one pint and a half of boiling water, and one glaſs of wine. Strain the liquor and ſqueeze it ſtrongly out.

No. 28. Mercurial Ointment.

Take of the pureſt quickſilver one ounce; of Venice turpentine half a drachm, of the freſheſt hog's lard two ounces, and let the whole be very well rubbed together into an ointment.

No. 29.

The yellow Baſilican.

No. 30. Tonquin Powder.

Take of natural and factitious, or artificial cinnabar, twenty-four grains each; of muſk ſixteen grains, and let the whole be reduced into fine powder, and very well mixed.*

No. 31. Antiſpaſmodic Bolus.

Take one drachm of Virginia-ſnake-root in powder: of camphor and of aſſafœtida ten grains each; of opium one grain, and with a ſufficient

* This medicine was brought over from the Eaſt-Indies by Sir George Cobb, and publiſhed under the name of the Tonquin Medicine. Its reputation was very conſiderable, and ſome ſucceſs was even obſerved from its uſe in Europe. Dr. Nugent, Phyſician in Bath has publiſhed a caſe, wherein its good effects were manifeſt: and Dr. Whytt, in his late Treatiſe on Nervous Diſorders, has given us a ſimilar inſtance of the goods effects of this Medicine. It is to be obſerved, however, that in both theſe caſes opium was given along with it; and in the latter a plaiſter of galbanum and opium was applied to the throat.

quantity

quantity of conſerve, or rob of elder, make a bolus.*

No. 32.

Take three ounces of tamarinds. Pour on them one pint of boiling water, and after letting them boil a minute or two, ſtrain the liquor through a linen cloth.

No. 33.

Take ſeven grains of turbith-mineral: and make into a pill or bolus, with a little crumb of bread.

No. 34. A Vomit.

Six grains of tartar emetic.†

No. 35. A Vomit.

Take thirty-five grains of ipecacuanha, which in the very ſtrongeſt conſtitutions, may be augmented to forty-five. §

No. 36.

The common bliſtering plaiſter.

No. 37. The Bitter Infuſion.

Take of the tops of ground oak, of the leſſer centaury, of worm wood and of camomile, of each

* When this is preferred to No. 30, of which muſk is an ingredient, the grain of opium ſhould be omitted, except once, or at moſt twice in twenty four hours. Two doſes of quickſilver, of fifteen grains each, ſhould be given daily in the morning, in the interval between the other boluſes.

‖ This medicine makes the dogs vomit and ſlaver abundantly. It has effected many cures after the hydrophobia, the dread of water, was manifeſt. It muſt be given three days ſucceſſively and afterwards twice a-week, for fifteen days.

† When people are ignorant of the ſtrength of the tartar emetic, which is often various or of the patient's being eaſy or difficult to vomit, a doſe and a half may be diſſolved in a quart of warm water, of which he may take a glaſs every quarter of an hour, whence the operation may be regulated according to the number of vomits or ſtools. This method, much uſed in Paris, ſeems a ſafe one.

§ In weak conſtitutions ten grains are ſufficient.

one pugil. Pour on them three pints of boiling water: and ſuffering them to infuſe until it is cold, ſtrain the liquor through a linen cloth, preſſing it out ſtrongly.

No. 38. A Purge.

Take forty grains of rhubarb, and as much cream of tartar in powder, mixing them well together.*

No. 39. A Sweat.

Take three drachms of cream of tartar, and one drachm of ipecacuanha finely powdered. Rub them well together, and divide them into ſix equal parts: or twelve, for weak people.

No. 40.

Take of the ſimple mixture one ounce, of ſpirit of vitriol half an ounce, and mix them. The doſe is one or two tea-ſpoonfuls, in a cup of the patient's common drink. The ſimple mixture is compoſed of five ounces of treacle-water camphorated, of three ounces of ſpirit of tartar rectified, and one ounce of ſpirit of vitriol. If the patient has an inſuperable averſion to the camphor, it muſt be omitted, though the medicine is leſs efficacious without it. And if his thirſt is not very conſiderable, the ſimple mixture may be given alone, without any further addition of ſpirit of vitriol.

No. 41.

Take half a drachm of Virginia ſnake-root, ten grains of camphor, and make them into a bolus with rob of elder-berries. If the patient's ſtomach cannot bear ſo large a doſe of camphor, he may take it in ſmaller doſes and oftener, viz. three grains every two hours. If there is a violent looſeneſs, diaſcordium muſt be ſubſtituted inſtead of the rob of elder-berries.

* For a weak conſtitution fifteen grains of each are quite ſufficient.

No. 42. Poor

No. 42. Poor Man's Treacle.

The *theriaca pauperum*, or poor man's treacle, in the dose of a quarter of an ounce. The following composition is the best. Take equal parts of round birth wort-roots, of elecampane, of myrrh, and of rob or conserve of juniper-berries, and make them into an electuary of a rather thin, than very stiff consistence, with syrup of orange-peel.

No. 43.

The first of the three medicines referred to in this number, is that already directed No. 37. The second is as follows.

Take equal parts of the lesser centaury, of wormwood, of myrrh, all powdered, and of conserve of juniper-berries, making them up into a pretty thick consistence with syrup of wormwood. The dose is a quarter of an ounce; to be taken at the same intervals as the bark.

For the third composition.—Take of the roots of calamus aromaticus and elecampane well bruised, two ounces; of the tops of the lesser centaury cut small, a pugil; of filings of unrusted iron two ounces, of old white wine, three pints. Put them all into a wide neck'd bottle, and set it upon embers, or on a stove, or by the chimney, that it may be always kept hot. Let them infuse twenty-four hours, shaking them well five or six times; then let the infusion settle, and strain it. The dose is a common cup every four hours, four times daily, and timing it one hour before dinner.

No. 44.

Take a quarter of an ounce of cream of tartar, a pugil of common camomile; boil them in twelve ounces of water for half an hour, and strain it off.

No. 45.

Sal ammoniac, from two scruples to one drachm for

for a dose. This may be made into a bolus with rob of elder; but a delicate stomach does not well admit of this salt.

No. 46.

Take one pugil of camomile-flowers, and as much elder-flowers, bruising them well; of fine flour three ounces; of cerus's and blue smalt each half an ounce. Rub the whole and mix them well. This powder may be applied immediately to the part.

Take of the ointment called, *nutritum*, (See No. 64,) made with the newest sweet oil, two ounces; of white wax three quarters of an ounce, and one quarter of an ounce of blue smalt. Melt the wax, then add the *nutritum* to it, after the smalt finely powdered has been exactly incorporated with it; stirring it about with an iron-spatula, or rod, till the whole is well-mixed and cold. This is to be smoothly spread on a linen-cloth.

A quarter of an ounce of smalt may also be mixed exactly with two ounces of butter or ointment of lead, to be used occasionally instead of this plaister.

No. 47. A Purge.

Take one ounce of Epsom salt, and two ounces of tamarinds: pour upon them eight ounces of boiling water, stirring them about to dissolve the tamarinds. Strain it off, and divide it into two equal draughts, to be given at the interval of half an hour between the first and last.

No. 48. An Anodyne.

Take of Sydenham's liquid laudanum eighty drops; of balm-water two ounces and a half. If the first or second dose stops, or considerably lessens the vomitting, this medicine should not be repeated.

No. 49.

Dissolve three ounces of manna, and twenty grains

grains of nitre, in twenty ounces of ſweet whey.

No. 50.

To two ounces of ſyrup of diacodium, or white poppy-heads, add an equal weight of elder-flower-water, or, for want of it, of ſpring-water.

No. 51. A Purge.

A drachm of rhubarb in powder.

No. 52. An Ointment.

Take of *ſulphur vivum*, or of flower of brimſtone, one ounce; of ſal ammoniac one drachm; of freſh hog's lard two ounces; mix the whole very well in a mortar.

No. 53. A Powder.

Take two drachms of crude antinomy and as much nitre, both finely powdered, and very well mixed; dividing the whole into eight equal doſes.

No. 54. A Powder.

* Take of filings of iron, not the leaſt ruſty, and of ſugar, each one ounce; of aniſeeds powdered, half an ounce. After rubbing them very well together, divide the powder into twenty-four equal portions; one of which is to be taken three times a day, an hour before eating.

* The preſcriptions No. 54, 55, 56, are calculated againſt diſtempers which ariſe from obſtructions, and a ſtoppage of the monthly diſcharges; which No. 55 is more particularly intended to remove; thoſe of 54 and 56 are moſt convenient, either when the ſuppreſſion does not exiſt, or is not to be much regarded, if it does. This medicine may be rendered leſs unpalatable for perſons in eaſy circumſtances, by adding as much cinnamon inſtead of aniſeeds; and though the quantity of iron be ſmall, it may be ſufficient, if given early in the complaint; one, or, at the moſt, two of theſe doſes daily, being ſufficient for a very young maiden.

No. 55.

No. 55. A vinous Infusion.

Take of filings of found iron two ounces; of leaves of rue, and of white hoar-hound one pugil each; of black hellebore-root one quarter of an ounce, and infuse the whole in three pints of wine in the manner already directed, No. 43. The dose of this is one small cup three times a day, an hour before eating.§

No. 56. An Electuary.

Take two ounces of filings of iron; of rue-leaves and aniseeds powdered, each half an ounce. Add to them a sufficient quantity of honey, to make an electuary of good consistence. The dose is a quarter of an ounce three times daily.

No. 57. Hemlock Pills.

Take of the extract of the stinking hemlock, with the purple spotted stalk, one ounce. Form it into pills weighing two grains each; adding as much of the powder of dry hemlock leaves, as the pills will easily take up. Begin the use of this medicine by giving one pill night and morning. Some patients have been so familiarized to it, as to take at length half an ounce daily.*

No. 58. A Ptisan.

Take of the roots of grass and of succory well washed, each one ounce. Boil them a quarter of an hour in a pint of water. Then dissolve it in half an ounce of Epsom salt, and two ounces of manna; and strain it off: drink one glass of it from half hour to half hour, till its effects are sufficient. It is to be repeated at the interval of two or three days.

§ I chuse to repeat here, the more strongly to inculcate so important a point, that in women, who have long been ill and languid, our endeavours must be directed towards the restoring of the patient's health and strength, and not forcing down the monthly discharges, which is a very pernicious practice. These will return of course, if the patient is of a proper age, as she grows better.

* I doubt the virtue of this medicine.

No. 59. A Poultice.

A poultice made of crumb of bread, with camomile flowers boiled in milk, and the addition of ſome ſoap, ſo that each poultice may contain half a quarter of an ounce of it. And when the circumſtance of female patients have not afforded them that regular attendance, which the repetition of the poultice requires, as it ſhould be renewed every three hours, I have ſucceſsfully directed the hemlock plaiſter of the ſhops.

No. 60. Hemlock Poultice.

Take a ſufficient quantity of dry hemlock leaves. Secure them properly between two pieces of thin linen cloth, ſo as to make a very flexible ſort of ſmall mattraſs, letting it boil a few moments in water, then ſqueeze it out and apply to the affected part. It muſt thus be moiſtened and heated afreſh, and re-applied every two hours.

No. 61. A Powder.

Take of the true white magneſia, two drachms; of cinnamon powdered four grains. Rub them very well together, and divide the whole into eight doſes. One of theſe is to be given in a ſpoonful of milk, or water, before the infant ſucks.

No. 62. Worm Drops.

Take of an extract of walnuts, made in water, two drachms; and diſſolve it in half an ounce of cinnamon water. Fifty drops a day of this ſolution is to be given to a child of two years old: and after the whole has been taken, the child ſhould be purged. This extract is to be made of the unripe nuts, when they are of a proper growth and conſiſtence for pickling.

No. 63. A Purge.

Take of reſin of jalap two grains. Rub it a conſiderable time with twelve or fifteen grains of ſugar, and afterwards with three or four ſweet almonds; adding very gradually, two common ſpoonfuls of water. Then ſtrain it through clear thin linen, as the emulſion of almonds

was

was ordered to be. Laſtly, add a tea ſpoonful of ſyrup of maiden-hair to it. This is no diſagreeable draught, and may be given to a child of two years old: and if they are older, a grain or two more of the reſin may be allowed. But under two years old, it is prudent to purge children rather with ſyrup of ſuccory, or with manna.

No. 64. An Ointment.

Take of the ointment called *Nutritum* one ounce, the entire yolk of one ſmall egg, or the half of a large one, and mix them well together. This *Nutritum* is made by rubbing very well together, and for ſome time, two drachms of white lead, half an ounce of vinegar, and three ounces of common oil.

No. 65.

Melt four ounces of white wax; add to it, if made in winter two ſpoonfuls of oil; if in ſummer none at all, or at moſt, not above a ſpoonful. Dip in this ſlips of linen cloth not worn too thin and let them dry; or ſpread it thin and evenly over them.

No. 66.

Take of oil of roſes one pound; of red lead half a pound: of vinegar four ounces. Boil them together nearly to the conſiſtence of a plaiſter; then diſſolve in the liquid maſs an ounce and a half of yellow wax, and two drachms of camphor, ſtirring the whole about well. Remove it then from the fire, and ſpread it on ſheets or ſlips of paper, of what ſize you think moſt convenient. The ointment of *Chambauderie*, ſo famous in many families on the continent, is made of a quarter of a pound of yellow wax, of the plaiſter of three ingredients (very nearly the ſame with No. 66.) of compound diachylon and of common oil, of each the ſame quantity, all melted together, and then ſtirred about well, after it is removed from the fire, till it grows cold. To make an oil cloth, it muſt be melted over again, with

with the addition of a little oil, and applied to the linen as directed, at No. 65.

No. 67.

Gather in autumn, while the fine weather laſt, the agarick of the oak, which is a kind of *fungus* or excreſcence, iſſuing from the wood of the tree.

It conſiſts at firſt of four parts which preſent themſelves ſucceſſively; 1. The outward rind or ſkin, which may be thrown away. 2. That part immediately under this rind, which is the beſt of all. It is to be beat well with a hammer, till it becomes ſoft and very pliable. This is the only preparation it requires, and a ſlice of it of a proper ſize is to be applied over the burſting open blood-veſſels. It conſtringes and brings them cloſe together; ſtops the bleedings; and generally falls off at the end of two days. 3. The third part, adhering to the ſecond, may ſerve to ſtop the bleeding from the ſmaller veſſels; and the fourth and laſt part may be reduced to powder, as conducing to the ſame purpoſe.

No. 68. A Poultice.

Take four ounces of crumbs of bread, a pugil of elder flowers, and the ſame quantity of thoſe of camomile, and of St. *John's* wort. Boil them into a poultice of equal quantities of vinegar and water.

If fomentation ſhould be thought preferable, take the ſame herbs; throw them into a pint and a half of boiling water, and let them infuſe ſome minutes. Then a pint of vinegar is to be added, and flannels or other woolen cloths dipped in the fomentation, and wrung out, are to be applied to the part affected.

For the aromatic fomentations, take leaves of betony and of rue, flowers of roſemary or lavendar, and red roſes, of each a pugil and a half. Boil them for a quarter of an hour in a pot with a cover, with three pints of old white wine. Then

Then ſtrain off, ſqueezing the liquor ſtrongly from the herbs, and apply it as already directed.

No. 69.

The plaiſter of diapalma.*

No. 70.

A mixture of two parts water, and one part of vinegar of litharge.

No. 71.

Take of the leaves of ſow-bread, and of camomile tops, of each one pugil. Put them into an earthen veſſel with half an ounce of ſoap, and as much ſal ammoniac, and pour upon them three pints of boiling water.

* To ſpread this upon lint, it muſt be melted down again with a little oil.

FINIS.

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